

## **Total Shoulder Arthroplasty / Hemiarthroplasty**

Precautions: sling 4 weeks, no extension for 6wks

### Phase I: (1-4 weeks)

Gentle PROM (FF to 90, ERS to 30 degrees), pendulums  
Elbow/wrist/finger ROM exercises  
Scapular isometrics

### Phase II: (4-6 weeks) – Early Strengthening

Full PROM / gradual AAROM  
Pulleys  
Scapular stabilization

### Phase III: (6-12 weeks) – Moderate Strengthening

Resisted flexion, elevation, and strengthening

### Phase IV: (>12 weeks) – Advanced Strengthening

Resisted flexion, elevation, and strengthening as tolerated