

# Revision Total Shoulder PT Protocol



Dr. Byrd

PHASE	TIME PERIOD	IMMOBILIZATION	LENGTH OF IMMOBILIZATION	SHOULDER ROM	EXERCISES
<b>Phase 1</b> Maximum Protection	0-6 weeks	Standard immobilizer	Can come out of sling with arm on pillow while seated, otherwise sling should be on at all times day and night except for hygiene and gentle home exercises, pillow behind elbow when seated.	PROM: IR to abdomen, ER to 30 deg, no extension behind back	Elbow and wrist ROM, squeeze ball
<b>Phase 2</b> Regaining motion	6-12 weeks	Wean after 6 weeks	Can sleep without sling, can come out of sling with arm on pillow while seated; can wean from immobilizer. Off at home, back on if shoulder is drooping, back on when leaving the house.	Being active-assist ROM and progress to AROM, no IR behind back	Codman's, closed chain scapula, AROM in supine position, no aggressive stretching, can begin deltoid isometrics
<b>Phase 3</b> Building strength	12-18 weeks	None	None	Full	Continue scapular stabilization
<b>Phase 4</b> Back to normal life	18 weeks through 6/8 months	None	None	Continue to emphasize ROM	Progress to endurance strengthening when ROM normalizing and scapular strength is normalizing, all cardio activity okay. Can putt and progress to chipping. Aggressive scapular stabilization, eccentric strengthening, can begin throwing racquet sports, endurance activities, full return to golf and other activities.

*If you have any problems or questions, please call your doctor's office (8am-5pm).*

*Answering service for after hours.*

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