

# Shoulder Hemiarthroplasty Rehab

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0-2 weeks:

- Elbow/hand/wrist exercises
- Pendular exercises – Sling on when not performing exercises
- No External Rotation > neutral

2-6 weeks:

- Stage 1 – Active Assisted Range of Motion
- No External Rotation > 10-20 degrees
- Wean sling around 4-6 weeks

6-12 Weeks:

- Stage II – Active Range of Motion
- Begin light strengthening (8 Weeks)

12 Weeks:

- Stage III – advanced strengthening
- Begin resisted Internal Rotation

4-6 months:

- Gradual return to activities/recreation