



## Total Shoulder Arthroplasty (TSA) Rehab Protocol

### PROM ≠ Stretching

Phase Goals	Phase Progression Criteria	Brace	Precautions	Therapeutic Interventions
<p><b>Phase I (0-4 weeks post-op)</b> Protect joint and promote healing Gentle progression of PROM at shoulder</p>	<p>Tolerates PROM.  PROM flexion = 90° PROM ER = 20° PROM IR = 70° <i>Measured in scapular plane</i></p>	<p>Sling x4 weeks</p>	<p>No extension past neutral including laying supine x8 weeks No AROM &amp; NWB <b>No stretching of shoulder</b></p>	<p>Normalize hand dexterity &amp; wrist/elbow AROM progressing to strengthening. PROM shoulder flexion to tolerance, ER&lt;30°, IR to chest. PROM/AAROM at shoulder (i.e. pendulums, flexion table slide, dowel ER/IR)</p>
<p><b>Phase II (4-6 weeks post-op)</b> Full PROM Gentle progression of AROM Re-establish dynamic shoulder stability</p>	<p>Tolerates PROM/AAROM and isometrics.  PROM flexion = 140° PROM ER = 30° PROM IR = 70° AROM scaption = 100°</p>	<p>Sling for <i>sleeping only</i></p>	<p>No extension past neutral including laying supine x8 weeks No supporting of body weight No lifting more than 1lb. <b>No stretching of shoulder</b></p>	<p>Progress shoulder PROM and AAROM flexion, ER and IR (pulleys, PT-assisted, UBE without resistance). Begin shoulder isometrics in all planes. Begin progression of scapular strengthening (rows, latissimus pulldown)</p>
<p><b>Phase III (6-12 weeks post-op)</b> Gradual restoration of functional shoulder strength</p>	<p>Tolerates AROM/strengthening.  AROM flexion = 140° AROM ER = 60° AROM IR = 70° <b>*All without compensation; do not progress to next phase</b></p>	<p>D/C sling</p>	<p>No lifting more than 7lbs. No sudden pushing, lifting or jerking movements.</p>	<p>Progress AROM all planes in isolation and functionally combine movements (i.e. flexion+ER) assuring proper biomechanics and without compensation. Progress from PROM to gentle stretching. Begin self IR behind back stretch. Begin and progress pain-free resisted ER and IR. Lawn chair progression of shoulder flexion progressing to pain-free resistance.</p>
<p><b>Phase IV (12+ weeks post-op)</b> Pain-free AROM, functional lifting and body weight support.</p>	<p>D/C to home with strength-based HEP if patient has pain-free functional AROM: Flexion 140°, ER 60°, IR 70°</p>	<p>No sling</p>	<p>Avoid stress to anterior capsule (i.e. ER+abduction above 80°, throwing motions)</p>	<p>Progress pain-free, functional strengthening program with affected UE and BUE.</p>