

Postoperative Rehabilitation Protocol for Anatomic Total Shoulder Arthroplasty (TSA)

**Patient will wear an abduction pillow sling for 6 weeks postoperatively*

**Unless otherwise specified, do not begin PT until patient has been seen for 2-week postoperative visit*

0-2 Weeks Post-Op

- Range of Motion
 - Pendulum exercises (3x/day)
 - Hand, wrist, and elbow ROM as tolerated
- Sling must be worn at all times

2-6 Weeks Post-Op

- Precautions
 - Sling must continue to be worn at all times except during physical therapy or home exercises
- Range of Motion
 - Passive ROM
 - Forward elevation to 140 degrees, advance at tolerated
 - ER limited to 45 degrees (protect the subscapularis repair)
 - Abduction to 120 degrees, advance at tolerated
 - **NO cross-body adduction or IR motion at this phase**
 - Active-assisted forward elevation using pulleys to 90 degrees
 - Elbow extension and flexion
- Strengthening
 - Periscapular strengthening exercises
 - Shoulder sub-maximal (pain free) isometrics
 - Hand and wrist exercises with light resistance if appropriate

6-12 Weeks Post-Op

- Range of Motion
 - Progress PROM as tolerated from supine to vertical position
 - Begin IR and cross-body motion
 - Begin AAROM to AROM exercises in all directions, progress as tolerated but limiting excessive IR
- Strengthening
 - Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only
 - No resisted IR / shoulder extension until 12 weeks post-op
 - No scapular retractions with bands yet

12+ Weeks Post-Op

- Range of Motion
 - Progress to full PROM and AROM as tolerated
 - Teach patient flexibility exercises to continue at home to encourage full ROM
- Strengthening

- Begin resisted IR and extension: isometrics → light bands → weights
- Increase other resistive exercises
- Include weights and resistance bands. Begin eccentric motions, plyometrics, and closed chain exercises.
- Restore normal scapulothoracic rhythm/motion
- Progress as tolerated
- Transition to home exercise program