



ADVANCED  
ORTHOPAEDIC  
SPECIALISTS

# Total Shoulder Arthroplasty (TSA) Rehab Protocol

PROM ≠ Stretching

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