



Total Shoulder Arthroplasty (TSA) Rehabilitation

Phase 1

Sling

- 1) Sling use for comfort
- 2) May be out of sling for hygiene and range of motion exercises
- 3) Discontinue as tolerated after week 6

Weeks 0- 6

- 1) Begin active assisted shoulder motion (all planes except IR)
****(No active internal rotation until week 7)******
- 2) Limit external rotation to 40 degrees
- 3) **NO RESISTANCE INCLUDING BICEPS**
- 4) Hand, wrist & forearm active motion
- 5) Initiate independent home motion with caregiver: PROM
 - external rotation to 40 degrees
- 6) Active scapular motion (shrugs, retraction, depression)

Phase 2

Weeks 7-12

- 1) Advance to full active motion (all planes)
 - a) Independent HEP program: daily stretching
- 2) Scapular stability
- 3) Maintain proper scapulohumeral rhythm
- 4) Begin resistance with activities below shoulder level
- 5) Emphasize continued independent home stretching

Phase 3

Week 13+

- 1) Return to regular activity
- 2) Progress resistance with activities above shoulder level
- 2) Maintenance Program
 - Daily Stretching (all planes)
 - Strengthening 2-3 times / week

Please check our website for updates: <http://www.rcmclinic.com>

