

Total Shoulder Arthroplasty (TSA)

Phase 1

- **Sling:** Wear sling at all times, including while sleeping. Weeks 0-6
- **Weeks 0-2**
 - Perform scapular stability (shrugs, retraction) and grip exercises as shown
 - PASSIVE flexion/extension of elbow twice daily as shown (do not over-extend)
 - Wrist and hand motion such as typing okay after 5 days. (Do not rotate the arm away from the body/stomach more than 90°). Minimal movement such as light grip/relaxing hand is encouraged soon after surgery
- **Weeks 2-6**
 - Begin PASSIVE ROM with physical therapy. Goals: Forward elevation 130°+, external rotation 30°+, abduction 60°- 90°+
 - **No internal rotation (reaching backwards or up along spine)**
 - **No resistance/ holding objects with the arm/hand greater than 1-2 lb**

Phase 2

- **Weeks 6-12**
 - Begin with assisted active ROM, then progress to active ROM in all planes
 - Goals: Forward elevation 140°+, external rotation 40°+, abduction 120°+
 - Addition of home exercise program as directed by physical therapist
 - **Limit internal rotation (reaching backwards or up along spine)**
 - **May begin activity against resistance below shoulder level as tolerated**

Phase 3

- **Weeks 12+**
 - Advance ROM including internal rotation with PT and at home
 - Gradually increase strengthening program to include overhead activity
 - Goals: Achieve full ROM without pain, increase activity stepwise as tolerated.
 - Transition to home exercise program (usually 50-75% effort, limit 3x/wk max)
 - **We advise awareness of risky environments or activity which may lead to falls or forceful twisting of the arm/shoulder, and to minimize these risks**
- **Months 6-12**
 - Continue home stretching/ exercise. Although function is usually high at 5-6 months post-op, it may take up to a year to reach full recovery