

## TOTAL SHOULDER ARTHROPLASTY (TSA) REHABILITATION

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### **Instructions:**

#### Range of motion:

- Sling immobilization for the first six weeks post-operatively.
- For the first six weeks post-operatively, home exercise program only, three times a day. Focus on:
  - o regaining active forward elevation (pulleys, wall climbs, table slides, etc.)
  - o regaining active external rotation using active external rotation exercises.
- At six weeks, ok to begin gentle active assisted motion, progressing to passive stretching.
- No external rotation passive stretching until twelve weeks post-operatively.
- No internal rotation or extension for the first twelve weeks post-operatively.

#### Range of motion goals:

- 2 weeks: 120° forward elevation, 20° external rotation
- 6 weeks: 150° forward elevation, 45° external rotation

#### Strengthening:

- Do not begin strengthening until twelve weeks post-operatively.
- Five pound lifting restriction for the first twelve weeks post-operatively.
- Begin strengthening at twelve weeks post-operatively, starting with isometrics and progressing to bands and then weights, with a focus on the scapular stabilizers, rotator cuff, and deltoid.

#### Limitations:

- For the first twelve weeks post-operatively:
  - o Do not reach behind the back into internal rotation.
  - o No lifting of more than 5 lbs.
  - o Do not use the operative arm to push-off.

Ok to return to light athletic activities at three months if full range of motion has been recovered, heavier athletic activities at six months.

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### **Modalities**

Heat before and ice after therapy.