



THE ORTHOPEDIC PARTNERS  
AN RCM CLINIC

PARK CITY • HEBER CITY • SALT LAKE CITY

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## Total Shoulder Arthroplasty (TSA) Protocol

### Phase 1

#### Sling

- 1) Sling use for comfort
- 2) May be out of sling for hygiene and range of motion exercises

#### Weeks 0- 6

- 3) Discontinue as tolerated after week 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

