

Anatomic Total Shoulder Arthroplasty (TSA) Rehabilitation Protocol

	Range of Motion	Immobilizer	Exercises
Phase 1 0-6 weeks	Limit ER to passive 40° to protect subscapularis repair No active IR nor extension until 6 weeks Week 1: 120° FF/20° ER at side; ABD max 75° without rotation Week 2: 140° FF/40° ER at side; ABD max 75° without rotation	0-6 weeks: Worn at all times (day and night) Off for gentle exercise only	Grip strengthening, gentle pendulum exercises Active wrist/hand ROM at home Limit ER 40° passive PROM for elbow flexion No resisted internal rotation/backward extension until 12 weeks post-op Canes/pulleys may be used OK if advancing from PROM Heat before PT, ice after PT
Phase 2 6-12 weeks	Increase as tolerated to full Begin active assisted/active internal rotation and extension as tolerated after 6 weeks Gentle passive stretching at end ranges	None	Begin light resisted ER/FF/ABD: isometrics and bands, concentric motions only No resisted internal rotation/backwards extension until 12 weeks post-op No scapular retractions with bands
Phase 3 3-12 months	Progress to full motion without discomfort	None	Begin resisted IR/BE (isometrics/bands): isometrics with light bands and weights Advance strengthening as tolerated; 10 repetitions/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers. Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks. Progress strengthening and maximize subscapular stabilization