

Comprehensive Orthopaedics, S.C.

Total Shoulder Arthroplasty (TSA)

Dr. Jonathan Main, MD

	ROM GOALS	STRENGTH GOALS	FUNCTION GOALS
0-6 weeks	<p>*The subscapularis is detached during surgery and the rehabilitation protocol must be mindful of the time required for the subscapularis tendon to heal.</p> <p>* No AROM IR or Extension until 6-8 wks</p> <p>* No A/PROM ER past 30-40° until 6-8 wks.</p> <p>PROM/AAROM → AROM (to tolerance)</p> <ul style="list-style-type: none"> Flexion to 140° Scaption to 75° ER to 40° (elbow at side) IR to abdomen (No AROM) <p>* Capsular mobilizations anterior, posterior, and inferior.</p> <p>AROM</p> <ul style="list-style-type: none"> Full elbow, forearm, wrist and hand motion without resistance 	<ul style="list-style-type: none"> Submax Isometrics <ul style="list-style-type: none"> Flexion ER Abduction Forearm, wrist and hand strengthening <p>* Focus more on Joint mobilizations & stretching</p>	<ul style="list-style-type: none"> Sling or immobilizer for all ADL's and sleeping 7-10 days and then for comfort reasons (Physician's discretion). Sling in public as needed after 1-2 wks Achieve 0/10 pain rating at rest Normal use of eating utensils Non-weighted below shoulder height ADL's.
6-12 weeks	<p>AAROM→AROM</p> <ul style="list-style-type: none"> Flexion to 160° Scaption to 90° ER to 60° (in 40° abd) <ul style="list-style-type: none"> Focus on passive stretching at end of range to maintain flexibility. Increase AROM all directions Joint mobilizations as needed. 	<ul style="list-style-type: none"> Add AROM and resisted IR 6-8 wk (Physician's discretion) Initiate isotonic for scapular stabilization and RC strengthening CKC scapular stabilization exercises. Initiate PNF, rhythmic stabilization Isotonic strengthening for entire shoulder complex 	<ul style="list-style-type: none"> Non-weighted above shoulder height ADL's. Normal grooming, bathing and dressing.
3 – 6 months	<p>AROM</p> <ul style="list-style-type: none"> Goal is to reach full pain free ROM equal to contralateral side. Some patient may never reach symmetrical A/PROM. Continue with PROM and AROM to maintain motion. 	<ul style="list-style-type: none"> Progress PNF, rhythmic stabilization, and CKC for scapula and RC Advance isotonic strengthening to above shoulder height Advance PREs for scapular and rotator cuff Plyometric training 	<ul style="list-style-type: none"> Initiate weighted overhead ADL's Achieve 0/10 pain rating with routine ADL's Normal sleeping (affected side) and behind the back ADL's.



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