
Total Shoulder Replacement (TSR) Postoperative Rehabilitation Protocol

0 to 10 days

- Begin active elbow, forearm, and hand motions
- Squeeze sponge or a soft ball as comfort permits
- Begin wrist (flexion and extension) and forearm pronation and supination strengthening exercises
- Passive abduction, forward flexion
- Passive external rotation to 0 degrees
- No active internal rotation
- Pendulums

10 days to 4 weeks

- Passive external rotation to 10 degrees.

4 weeks to 8 weeks

- Active-assist shoulder abduction, forward flexion
- Active-assist external rotation to 25 degrees
- No active internal rotation
- Goals: 120 degrees of passive forward flexion and 25 degrees of passive external rotation

2 to 12 months

- Active shoulder abduction, forward flexion, internal rotation
- Active external rotation over full range of motion
- Shoulder strengthening, coordination and endurance training
- Avoid internal rotation strengthening until 3 months post-op