

**TSA Protocol
Dr. Murphy**

Time Frame	Treatment	Goals
Post-Op Day	<ul style="list-style-type: none"> • Dressing change • Instruction in signs and symptoms of infection • Removal of pain pump • Instruction in cryotherapy • Instruction in pendulum exercise, fist pumps, elbow ROM and AAROM into flexion using opposite upper extremity 	<ul style="list-style-type: none"> • Independent in HEP of AAROM shoulder flexion, fist pumps, elbow ROM, pendulum exercise, scapular retraction, shoulder shrugs and cryotherapy
Phase I 0-6 weeks	<ul style="list-style-type: none"> • Patient is to continue with independent HEP from AAROM shoulder flexion and pendulum exercises. Patient is to wear sling for 6 weeks • Limit passive ER to 30° • <i>Dr. Murphy will order therapy again after his 6-week post-op check.</i> 	<ul style="list-style-type: none"> • Progression of HEP as tolerated • No in-clinic therapy
Phase II 6-12 weeks	<ul style="list-style-type: none"> • Frequency= 3x/week until ROM and strength are approaching WNL. Discharge sling at 6 weeks • PROM all directions, progress as tolerated • AAROM all directions as tolerated • Isometrics can begin at 6 weeks • Instruction in AROM at 8 weeks • Instruction in PRE's at 12 weeks • Begin in-clinic strengthening as tolerated at 12 weeks for shoulder/elbow and scapular stabilizers. Progress as tolerated. 	<ul style="list-style-type: none"> • ROM WNL at 10-12 weeks in all directions • Independent in PRE's at 12 weeks for progression independently • Strength progressed as tolerated in clinic
Phase III 12-16 weeks	<ul style="list-style-type: none"> • Frequency = 2x/week • Continue to progress ROM and strength until WNL/WFL in all directions 	<ul style="list-style-type: none"> • ROM WNL/WFL- discharge when goal met. • Independent in HEP for shoulder strengthening and scapular stabilization
Phase IV 4-6 months	<ul style="list-style-type: none"> • Frequency = PRN 	<ul style="list-style-type: none"> • Progress all ROM and strength to WNL if still not present