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REHAB PROTOCOL: Reverses Total Shoulder Arthroplasty

Name: _____ **Date:** _____

Diagnosis: _____ **Date of Surgery:** _____

Precautions

- **RTSA specific precautions (up to 12 weeks)**
 - **NO** pushing yourself from chair or bed with the operative arm
 - **NO** Internal Rotation behind the back (reaching for the back pocket or for tucking in the shirt)
- **General Precautions (first 6 weeks)**
 - **NO** picking up heavy objects or reaching out for objects
 - **NO** Resistive Internal Rotation, **NO** stretching in Abduction and rotation
 - **NO** body blade, weights or upper body ergometer
 - **NO** shoulder extension beyond neutral. “Need to see the elbow at all times”

Phase I: Weeks 0-5

Sling Use: Patient to remain in sling for 4 weeks. OK to wear the sling in public and crowded places beyond 4 weeks till patient is comfortable

Exercises

- Use of the arm in the sling for daily activities is allowed even though the activity is restricted (typing, scrolling iPad)
- Supervised Passive ROM [120deg for FF/30deg for ER at side; ABD max 60-80deg without rotation (ELBOW BEND)]
- Scapular exercises (Scapular elevation, depression, protraction and retraction)
- Submaximal isometrics for anterior and middle deltoid, external rotation with arm

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- Active range of motion of hand and wrist
- Home exercise program

Phase II (Active Range of Motion phase) Weeks 6-12:

Precautions

Acromion stress fracture: If patient complains of excessive pain posteriorly or laterally over the acromion and is point tender over these locations, please have the patient call back my office immediately

- **NO** heavy lifting
- Patient has to face the pulley and **NO** pulleys behind the back
- **AVOID** sudden jerking motion or grabbing on to objects far out from you
- **NO** body blade, weights or upper body ergometer

Exercises

- Cleared for daily use of arm for activities of daily living (ADL) but have to abide by RTSA precautions till 12 weeks
- PROM, AAROM and AROM: advance as tolerated
- Use of pulleys, canes for ROM is allowed; Patient has to face the pulley and no pulleys behind the back
- Closed chain scapular exercises
- Light passive stretching at end ranges

Phase III (strengthening phase): Weeks 12 and beyond

Precautions

- **Patient may not have full ROM like a normal shoulder. A typical RTSA patient gets 120-140 degrees of FF; Up to 90 degrees of Abduction, ER of 20-40 degrees, IR to back pocket.**
- **NO** upper body ergometer or body blades
- Lateral raises and side raises with weights should be with the bent elbow and below the shoulder level

Exercises

- Advance ROM to as tolerated with passive stretching at end ranges
- Resisted internal rotation with arm at side allowed
- Internal rotation behind the back and end range stretching in ER stretching allowed



- Advance strengthening of deltoid (all three heads), scapular stabilizers, and posterior rotator cuff

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

Evaluation and others

- ◇ Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____

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