



# REVERSE TOTAL SHOULDER ARTHROPLASTY REHABILITATION GUIDELINES

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Reverse shoulder arthroplasty rehabilitation is framed to meet the individual situation. For most patients a rTSA is done due to a loss of rotator cuff function and arthritis, occasionally for complex fractures. Often formal physical therapy will be started two to six weeks post-surgery. For most internal and external rotation is often less than seen in patients with an anatomic shoulder arthroplasty. For those who have remaining rotator cuff the functional gains are often better. Goals are to optimize and protect deltoid function and protect the joint from instability while it remodels and heals.

PHASE 1: Weeks 0-6					
<b>Goals</b>	<input type="checkbox"/> 120 degrees of forward elevation, 60 degrees of abduction <input type="checkbox"/> Pain control				
<b>Restrictions</b>	<input type="checkbox"/> Avoid using arm to assist in getting up from seated position <input type="checkbox"/> NO adduction internal rotation <input type="checkbox"/> No reaching behind the back				
<b>Immobilization</b>	<input type="checkbox"/> Sling with cushion for 4-6 weeks at all times except during therapy and showers <input type="checkbox"/> May remove and keep hand near belly button for 2-3 hours daily for elbow relief				
<b>Pain Control</b>	<input type="checkbox"/> Narcotics for 7-10 days following surgery <input type="checkbox"/> NSAIDs for patients with persistent discomfort (Tylenol preferred)				
<b>Exercises</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%; text-align: center; vertical-align: middle;">ROM</td> <td>           Week 1  <input type="checkbox"/> 90 degrees of forward elevation  <input type="checkbox"/> Elbow and wrist range of motion at the side  <input type="checkbox"/> 60 degrees of abduction with 0 degrees of rotation            Week 2  <input type="checkbox"/> 110 degrees of forward elevation  <input type="checkbox"/> 60 degrees of abduction with 0 degrees of rotation            Weeks 3-6  <input type="checkbox"/> 120 degrees of forward elevation with 20 degrees external rotation, Supine stretches emphasized         </td> </tr> <tr> <td style="text-align: center;">MUSCLE ACTIVATION</td> <td> <input type="checkbox"/> Pendulum swings         </td> </tr> </table>	ROM	Week 1 <input type="checkbox"/> 90 degrees of forward elevation <input type="checkbox"/> Elbow and wrist range of motion at the side <input type="checkbox"/> 60 degrees of abduction with 0 degrees of rotation Week 2 <input type="checkbox"/> 110 degrees of forward elevation <input type="checkbox"/> 60 degrees of abduction with 0 degrees of rotation Weeks 3-6 <input type="checkbox"/> 120 degrees of forward elevation with 20 degrees external rotation, Supine stretches emphasized	MUSCLE ACTIVATION	<input type="checkbox"/> Pendulum swings
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MUSCLE ACTIVATION	<input type="checkbox"/> Pendulum swings				
<b>Criteria for Progression</b>	<input type="checkbox"/> Minimal pain and tenderness <input type="checkbox"/> Motion goals are met <input type="checkbox"/> Intact subscapularis without evidence of tendon pain				



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## PHASE 2: Weeks 6-12

<b>Goals</b>	<input type="checkbox"/> Increase ROM	
<b>Restrictions</b>	<input type="checkbox"/> 140 degrees forward elevation <input type="checkbox"/> 20 degrees external rotation <input type="checkbox"/> 90 degrees abduction <input type="checkbox"/> Avoid deltoid strengthening until after 12 weeks	
<b>Pain Control</b>	<input type="checkbox"/> NSAIDs for patients with persistent discomfort (Tylenol preferred)	
<b>Exercises</b>	ROM	<input type="checkbox"/> 140 degrees forward elevation <input type="checkbox"/> 20 degrees external rotation <input type="checkbox"/> 90 degrees abduction
	MUSCLE ACTIVATION	<input type="checkbox"/> Increase active ROM in all directions <input type="checkbox"/> Focus on passive stretching at end ranges <input type="checkbox"/> Utilize joint mobilization techniques for capsular restrictions <input type="checkbox"/> Grip strength <input type="checkbox"/> Progress to open chain strengthening with TheraBand at 12 weeks post-surgery <ul style="list-style-type: none"> <li>○ Exercises performed with elbow flexed at 90 degrees, starting position with shoulder in neutral, progression to the next band occurs in 2-3 week intervals.</li> </ul> <input type="checkbox"/> Progress to light isotonic dumbbell exercises <input type="checkbox"/> Scapular stabilizer strengthening: retraction, protraction, depression, shrugs
<b>Criteria for Progression</b>	<input type="checkbox"/> Painless ROM to 140 degrees <input type="checkbox"/> Satisfactory physical exam	



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## PHASE 3: Months 3-12

<b>Goals</b>	<input type="checkbox"/> Improve shoulder strength, power, and endurance <input type="checkbox"/> Improve neuromuscular control and shoulder proprioception <input type="checkbox"/> Prepare for gradual return to functional activities <input type="checkbox"/> Home maintenance exercises program: strengthening 3 x week	
<b>Exercises</b>	ROM	<input type="checkbox"/> Achieve motion equal to contralateral side
	STRENGTHENING	<input type="checkbox"/> Begin internal rotation and extension strengthening <input type="checkbox"/> First closed chain isometric strengthening and advance to theraband and lightweight isotonic strengthening <input type="checkbox"/> Scapular stabilizers <input type="checkbox"/> Deltoid strengthening <input type="checkbox"/> Plyometric exercises
<b>Maximum Improvement and Warning Signs</b>	<input type="checkbox"/> Maximum improvement by 12-18 months <input type="checkbox"/> Warning signs: loss of motion or continued pain	