

REVERSE TOTAL SHOULDER ARTHROPLASTY

Rehab Protocol

Weeks 0-3:

- Passive elbow, wrist and hand exercises
- Passive external rotation with the arm at the side to neutral
- Passive forward elevation to 90 degrees
- Instruct in donning/doffing shoulder and shower sling for axillary hygiene/bathing and dressing

Weeks 3-6:

- Supine active-assisted external rotation with the arm at the side and the elbow supported by folded towels (avoid shoulder extension) as tolerated (wand)
- Supine active-assisted elevation in the plane of the scapula 30 degrees (wand)
- No active internal rotation behind the back
- No cross-body stretching
- Shoulder sling discharged at 3 weeks

Weeks 6-12

- Continue progressions
- Isometrics in all directions

>12 Weeks:

- Elastic rubber band strengthening
- Concentrate on deltoid strengthening