

Reverse Total Shoulder Arthroplasty (TSA) Post Operative Protocol

This protocol provides you with general guidelines for initial stage and progression of rehabilitation according to specified time frames, related tissue tolerance and directional preference of movement. Specific changes in the program will be made by the physician as appropriate for the individual patient.

*** Please fax initial assessment and subsequent progress notes directly to MOSMI at 952-944-0460.***

Phase I: Weeks 1 to 4 (1st visit)

- Abduction splint/sling for 4-6 weeks
- PROM
 - Avoid external rotation beyond neutral and flexion beyond 90 degrees
 - No Codmans
 - Avoid abduction/internal rotation and abduction/external rotation

Phase II: Week 4 to 6 (2nd Visit)

- Begin Codmans
- Begin AAROM
 - Avoid ER beyond neutral and flexion beyond 90 degrees
 - Avoid Abduction/IR and Abduction/ER

Phase III: Week 6 to 12 (2x/week)

- Deltoid and ER isometric strengthening and supine program
- ER allowed to 30 degrees
- Progress Supine program to vertical against gravity with a focus on all 3 heads of the deltoid
- Begin Scapular stabilization exercises

Phase IV: Week 12 to 16

- Advance activities as tolerated to lifetime restrictions
- Deltoid exercises limited to 3-4 pounds
- Functional lifting restriction of 25 pounds.