

## REVERSE TOTAL SHOULDER ARTHROPLASTY

### Rehab Protocol

#### Weeks 0-2:

- Sling for Comfort
- May discontinue after 2 weeks
- Passive and Active shoulder ROM as tolerated
  - 140 degrees Forward Flexion
  - 40 degrees External Rotation with arm at side
  - Internal Rotation behind the back with gentle posterior capsule stretching
- Grip strength, Elbow/Wrist/Hand ROM, Codmans

#### Weeks 2-8:

- Discontinue sling
- Advance ROM as tolerated (Goals FF to 160 degrees, ER to 60 degrees)
- Begin Isometric exercises
  - Progress deltoid isometrics
  - Er/IR (sub-maximal) at neutral
- Advance to theraband exercises as tolerated

#### >8 Weeks

- Advance to full, painless ROM
- Progress isometrics in all directions
- Continue with theraband strengthening
- Concentrate on deltoid strengthening
- Begin eccentrically resisted motion and closed chain activities
- Incorporate soft tissue mobility/scar massage as needed



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