



ADVANCED  
ORTHOPAEDIC  
SPECIALISTS



## Reverse Total Shoulder Arthroplasty (rTSA) Rehabilitation Protocol

Phase	Weight Bearing/Lifting	Brace	ROM**	Therapeutic Exercise
Phase I Weeks 0-3	NWB No lifting	Sling Immobilizer; may come out of sling in a safe environment	Supine PROM: Flexion/Scpation 120°, Extension 0°, ER 30°, IR 0°	Cervical stretching, Scap squeezes, Shoulder shrugs, Elbow flexion-extension & pronation-supination AROM/AAROM only, Wrist/Hand strengthening, Dexterity activity
Phase II Weeks 3-6	NWB No lifting	Week 4: wean sling	Supine PROM: Flexion/Scpation 140°, Extension 0°, ER to tolerance, IR 0°	Shoulder pulley flexion, Table slide/physioball flexion, AAROM supine shoulder flexion with dowel, Scap squeezes, Deltoid isometrics, Elbow AROM/AAROM, Wrist/Hand strengthening
Phase III Weeks 6-9	NWB Lift 1-2lbs. (coffee cup)	No sling	Maintain PROM supine; progress IR <u>NO</u> greater than 50°	Progress AROM/AAROM shoulder flexion limiting deltoid recruitment, Deltoid isometrics, Begin AAROM ER/IR with shoulder in flexion, Progress elbow/wrist/hand strengthening
Phase IV Weeks 9-12	NWB Lift 1-2lbs. (coffee cup)	No sling	AROM: Flexion 120°, Extension 0°, ER 30°, IR <50°	AROM Supine-Reclined-Upright shoulder flexion progression with 1-2lbs as tolerated, Begin ER/IR isotonic strengthening in sidelying 1-2lbs as tolerated
Phase V Weeks 12-16	No lifting greater than 6lbs Minimal WB through UE after 16 weeks	No sling	Pain free AROM: Flexion 120°, Extension 0°, ER 30°, IR <50°	Progressive functional overhead and rotational strengthening as tolerated and discharge with HEP 3-4x/week

\*\*Full ROM is not expected. At discharge the patient should achieve AROM Flexion 90°-120°, External Rotation 30°