

Reverse Total Shoulder Arthroplasty Rehabilitation Protocol

KEVIN KO, MD

Shoulder and Elbow Surgeon
OPA Orthopedics
Seattle, WA

0-3 weeks

Concerns: Dislocation of the prosthesis, Wound management, Maintaining integrity of any soft tissue repair), Early stiffness
Rehab Goals:

- Elbow, wrist, and hand ROM: Prevent stiffness. Control edema
- Shoulder: Strict sling immobilization

3-6 weeks

Concerns: Dislocation of the prosthesis, Continue to protect any soft tissue repair until healing complete at 6 weeks
Rehab Goals: Initiate AAROM

- Initiate anterior deltoid activation exercises
- NOTE: Expect some weakness from rotator cuff deficiency
- NOTE: ROM is typically not as good as regular shoulder replacement. Forcing PROM may result in dislocation of the prosthesis

6-12 weeks

Concerns: Prevent Stiffness, Improve functional strength
Rehab Goals: Continue progressive AAROM/PROM, Initiate strengthening

- Initiate posterior cuff strengthening (Infraspinatus/teres minor)
- Initiate subscapularis/internal rotation strengthening
- NOTE: Expect some permanent weakness from rotator cuff deficiency

3 months +

Rehab Goals: Continued functional strengthening