

Reverse Total Shoulder Arthroplasty Rehabilitation Protocol

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- 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