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TOTAL & REVERSE TOTAL SHOULDER ARTHROPLASTY REHAB PROTOCOL

Introduction

- **Goal:** Regain shoulder AROM, ADLs
- Because the SUBSCAPULARIS tendon is taken down and then repaired, EXTERNAL ROTATION is limited to neutral X 4 WKS. *Most common cause of failure after TSA is loss of fixation of the subscapularis repair.
- SLING X 3-4 WKS ONLY
- There is no limit to FORWARD ELEVATION, ABDUCTION OR INTERNAL ROTATION: therefore, encourage AROM/AAROM right away (DELTOID)
- Full recovery takes 6 to 12 months

Phase I (0 to 6 Days)

- Active assisted ROM with pulleys for forward elevation (FE).
- Passive ROM FE, IR.
- Pendulum exercises.
- Elbow, wrist, and finger ROM exercise.
- Educate patient on the above exercises for home.

Phase II (7 to 20 Days)

- Add shoulder extension exercises.
- Begin assisted IR exercises behind back.
- POD #14 - Add isometric exercises for ER, and ABD.
- Continue pulley FE exercises.

Phase III (3 to 6 Weeks)

- Add ER exercise. Limit ER to 30 degrees.

Phase IV (6 to 12 Weeks)

- Work to gain full ROM.
- ER with resistance. Full ER permitted.
- Rotator cuff, deltoid, and subscapularis strengthening.
- Discontinue sling.

Phase V (3 to 6 Months)

- Establish a home program so patient continues PT until at least 6 month post op.
- Work on focal deficits.

A handwritten signature in purple ink, appearing to read 'J. K. Lowry, MD', with a stylized flourish at the end.

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