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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". The signature is stylized and cursive.

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