

# Advanced Orthopedics and Sports Medicine

## Reverse Total Shoulder Arthroplasty

### Treatment Guideline for Dr. Elbaz

| Phase in Rehabilitation  |                            | IPSP   |        | PP     | IP      |         | ASP      | RAP       |
|--------------------------|----------------------------|--------|--------|--------|---------|---------|----------|-----------|
| Weeks after surgery      |                            | 0-2 wk | 2-4 wk | 4-6 wk | 6-9 wk  | 9-12wk  | 3-12 mos | 12-18 mos |
| PROM/                    | Flexion                    | 60     | 90     | 120    | 150     | 150     | 150      | 150       |
| AROM                     | Abduction (scapular plane) | NA     | 60     | 75     | 90      | 100     | 100      | 100       |
| Goals                    | IR/ER                      | 0/0    | 0/10   | NA/30  | 50/60   | 70/60   | 70/60    | 70/60     |
| Modalities               | Heat (Superficial/Deep)    | x      | x      | x      | x       | PRN     | PRN      | PRN       |
|                          | Cold                       | x      | x      | x      | x       | PRN     | PRN      | PRN       |
|                          | Electrical Stimulation     | x      | x      | x      | x       | PRN     | PRN      | PRN       |
|                          | Joint Mobs/MFR             | MFR    | MFR    | MFR    | Mob/MFR | Mob/MFR | Mob/MFR  | Mob/MFR   |
| ROM<br>and<br>Stretching | Neck ROM                   | x      | x      | x      | x       | x       | x        | x         |
|                          | Neck Stretching            | x      | x      | x      | x       | x       | x        | x         |
|                          | Shoulder PROM              | x      | x      | x      | x       | x       | x        | x         |
|                          | Shoulder AAROM             |        |        |        | x       | x       | x        | x         |
|                          | Shoulder AROM              |        |        |        | x       | x       | x        | x         |
|                          | Capsular Stretching        |        |        |        |         | x       | x        | x         |
| Submax<br>pain<br>free   | Shoulder isometrics        |        |        | x      | x       | x       | x        | x         |
|                          | Scapular Isometrics        |        |        | x      | x       | x       | x        | x         |
|                          | Rhythmic stabilization     |        |        | x      | x       | x       | x        | x         |
| Strength                 | Isotonic exercises         |        |        |        | x       | x       | x        | x         |
|                          | Functional Strengthening   |        |        |        |         |         | x        | x         |
| Other<br>Joints          | Elbow/Wrist ROM            | x      | x      | x      | x       | x       | x        | x         |
|                          | Elbow/Wrist Strength       | x      | x      | x      | x       | x       | x        | x         |
| Brace                    | sleeping in sling          | x      | x      | x      |         |         |          |           |
|                          | Discontinue sling          |        |        |        | x       | x       | x        | x         |
| Sports                   | Swimming                   |        |        |        |         |         | x        | x         |