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REHAB PROTOCOL: Reverse Total Shoulder Replacement with Tuberosity Reconstruction for Proximal Humerus Fracture

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I: Weeks 0-6

Precautions

- Patient to remain in sling for 4 weeks. OK to wear the sling in public and crowded places.
- **RTSA precautions (up to 12 weeks)**
 - **NO** pushing yourself from chair or bed with the operative arm
 - **NO** Internal Rotation behind the back (reaching for the back pocket or for tucking in the shirt)
 - **NO** shoulder extension beyond neutral.. “Need to see the elbow at all times”
- **NO** excessive passive stretching beyond the ROM limits described below
- **NO** Resistive Internal Rotation, **NO** stretching in Abduction and rotation
- **LIMIT ACTIVE ROM** of elbow because biceps tenodesis is routinely performed
- **NO** body blade, weights or upper body ergometer

ROM goals: Therapist supervised passive ROM less than 90deg FF/0-10deg ER at side; ABD max 60deg without rotation (ELBOW BEND)

- Use of the arm in the sling for daily activities is allowed even though the activity is restricted (typing, scrolling iPad)
- Supervised Passive ER (roll towel under elbow, supine) to 10deg
- Supervise Passive FF (elbow bent at 90⁰, supine, in scaption) to 90deg
- Scapular exercises (Scapular elevation, depression, protraction and retraction) in the sling

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- Submaximal isometrics for anterior and middle deltoid, external rotation with arm in sling
- Active range of motion of hand and wrist
- Pendulum hangs (ONLY IF THE patient can DO IT PROPERLY)

Phase II (Active Range of Motion phase) Weeks 6-12:

Precautions

- **NO** heavy lifting
- Patient has to face the pulley and **NO** pulleys behind the back
- **AVOID** sudden jerking motion or grabbing on to objects far out from you
- **NO** body blade, weights or upper body ergometer

Exercises

- Discontinue sling
- Cleared for daily use of arm for activities of daily living (ADL) but have to abide by RTSA precautions till 12 weeks
- PROM, AAROM and AROM: advance as tolerated
- Use of pulleys, canes for ROM is allowed; Patient has to face the pulley and no pulleys behind the back
- Closed chain scapular exercises
- Closed chain exercises for anterior and middle deltoid and posterior rotator cuff
- Light passive stretching at end ranges
- Acromion stress fracture: If patient complains of pain posteriorly or laterally over the acromion, please have the patient call back my office immediately.

Phase III (strengthening phase): Weeks 12 and beyond

Precautions

- **NO** heavy lifting (>10 pounds)
- **AVOID** sudden jerking motion or sudden reaching out to grabbing objects
- **NO** upper body ergometer or body blades
- Lateral raises and side raises with weights should be with the bent elbow and below the shoulder level

Exercises

- Advance ROM to as tolerated with passive stretching at end ranges (you may not have normal, full range of motion)



- Resisted internal rotation with arm at side allowed
- Internal rotation behind the back and end range stretching in ER stretching allowed
- Advance strengthening of deltoid (all three heads), scapular stabilizers, and posterior rotator cuff

Modalities

- ◇ Heat and Ice
- ◇ Ultrasound
- ◇ Iontophoresis
- ◇ Phonophoresis
- ◇ Therapists' discretion
- ◇ TENS
- ◇ Trigger point massage

Evaluation and others

Teach home exercise program

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____

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