

Reverse Total Shoulder Arthroplasty (R-TSA) Protocol

- A. PROM phase (0-2 weeks)
1. Abduction sling
 2. Frequent cryotherapy as indicated
 3. Exercise:
PROM with restrictions ER (0) 30°
 Abd 90°
 Flexion 120°
- B. AAROM phase (2-4 weeks)
1. Continue to use abduction sling
 2. Continue cryotherapy as indicated
 3. ROM restrictions: ER to 45°, other motions are to tolerance
 4. Exercise
 - a. Continue PROM
 - b. AAROM
 - b. Precautions: Heavily assisted AA phase, do not work through pain with PROM or AAROM
- C. A-AAROM phase (4-6 weeks)
1. Sling: wean from pillow
 2. Transition AA to AROM in planes that are pain free, tolerable, and able with good quality
- C. AROM phase (6-8 weeks)
1. Wean from sling
 2. Exercise
 - a. Continue P and AAROM as needed
 - b. AROM in all planes with focus on quality movement
 - c. Focus on restoration of normal arthrokinematics
- D. Strength phase (transition to, as indicated, at 8-12 weeks)
1. PRE: OKC and CKC exercise as tolerated