



ROSENBERG COOLEY METCALF
THE ORTHOPEDIC CLINIC AT PARK CITY
www.rcmclinic.com

M. Daniel Hatch, M.D.

Reverse Total Shoulder Arthroplasty (RSA) Rehabilitation

Phase 1

Sling

- 1) Full time use for first 6 weeks, except for #2
- 2) May be out of sling for hygiene and range of motion exercises
- 3) Discontinue as tolerated after week 6

Weeks 0- 6

- 1) Hand, wrist and forearm active motion
- 2) Active scapular motion (shrugs, retraction)
- 3) **PASSIVE** shoulder motion in all planes
- 4) **NO RESISTANCE INCLUDING BICEPS**
- 5) Independent HEP: PROM: ER with caregiver, shrugs, scapular retraction

Phase 2

Weeks 7- 12

- 1) Begin active assisted shoulder motion in all planes – (**NO internal rotation up the back**)
- 2) Home exercise program: AAROM – AROM all planes 2-3 times daily
- 3) Continue facilitating scapular stability

Phase 3

Week 13+

- 1) Continue motion as needed (may do internal rotation up the back)
- 2) Progress to resistance with activities above shoulder level
- 3) Maintain proper scapulohumeral rhythm
- 4) Emphasize continued independent home stretching
- 5) Transition to independent HEP
- 6) Advance activity as tolerated
- 7) Maintenance Program
 - Daily Stretching (all planes)
 - Strengthening 2-3 times / week

Please check our website for updates: <http://www.rcmclinic.com>

