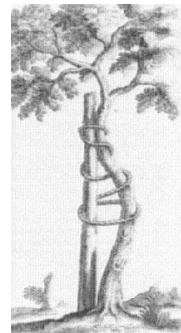




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REVERSE SHOULDER ARTHROPLASTY REHABILITATION PROTOCOL

Note SURGICAL EXPECTATION LIMITS by end of PHASE IV

ER to 10, FF 110, IR to buttock

Weeks 1-6: Phase I

Sling Immobilizer: At all times except for showering and exercise, **discontinue at week 3**

Exercises: **Passive ER to 0 and extension to neutral**
Passive FF in scapular plane to 90
AROM wrist/elbow
Scapular "pinches"
Passive IR to belly
No active IR
Modalities as needed

Advancement Criteria: **ER to 0**
FF in scapular plane to 90
Minimal pain and inflammation

Weeks 6-12: Phase II

Exercises: **Passive & Active assisted FF in scapular plane – 110** (wand exercises, pulleys)
Passive & Active assisted ER – limit 10 deg
Active supine FF in scapular plane
Manual scapular side-lying stabilization exercises
Isometrics: Deltoid in neutral
ER (modified neutral) ROM < 10 deg
IR (modified neutral)
Scapular retraction with elastic bands
Humeral head control exercises:
ER/IR (supine/scapular plane)
Elevation at 100 deg
Modalities as needed

Advancement Criteria: **FF to 110**
 ER to 10
 Good humeral head control
 Minimal to no pain with ADLs

Weeks 12-16: Phase III

Exercises: Progress ROM as tolerated *** within limitations above****
 AAROM for FF and ER
 AAROM for IR – **limit to buttock**
 Flexibility exercises: towel stretch, posterior capsule stretch
 IR/ER/FF isotonic strengthening
 Scapular stabilization
 Rhythmic stabilization
 PREs for scapula, elbow (biceps/triceps)
 Forward flexion in scapular plane
 Progressive resistive equipment: row, chest press (light weight)
 Modalities as needed

Advancement Criteria: Muscle strength 4/5
 Passive FF 110, ER <30
 Restore normal scapulohumeral rhythm <90 deg elevation
 Minimal pain and inflammation

Weeks 16-22: Phase IV

Exercises: Access and address any remaining deficits in ROM, flexibility, strength
 Active, active-assisted, and passive ROM exercises
 Flexibility exercises: towel stretch (IR), posterior capsule stretch
 Progressive resistive strengthening:
 Dumbbells
 Progressive resistive equipment
 Elastic band IR/ER (modified neutral)
 Rhythmic stabilization
 Modalities as needed
 Individualize program to meet specific needs of patient

Discharge Criteria: Maximize ROM
 Full independent ADLs
 Normal scapulohumeral rhythm >100deg elevation
 Independent HEP