

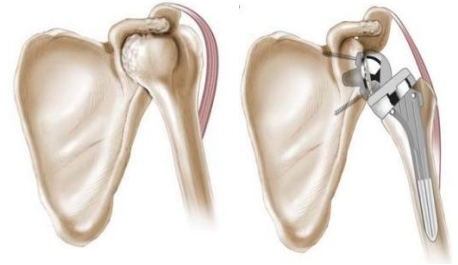
PATIENT EDUCATION: 2-6 weeks post-operatively

REVERSE TOTAL SHOULDER ARTHROPLASTY (rTSA)

General Information

rTSA is used for treatment of shoulder joint arthritis when it is associated with irreparable rotator cuff damage or complex fractures as well as revision of previously failed Total Shoulder Arthroplasty in which rotator cuff tendons are deficient.

The surgery reverses the orientation of the shoulder joint which replaces the rotator cuff with the deltoid muscle as the primary elevator of the shoulder.



Shoulder Precautions

- **Dislocation precautions:** should be implemented for 12 weeks post-op unless surgeon specifically advises patient or therapist differently
 - **No shoulder motion behind back (No combined shoulder adduction, internal rotation and extension)**
 - **No shoulder extension beyond neutral, when lying on your back the elbow should be supported by a pillow or towel to avoid extension and patient should always be able to visualize elbow while laying supine**
- Sling is worn up to 6 weeks post-op and only removed for exercise or bathing as directed
- No shoulder active range of motion (AROM)
- No lifting of objects or supporting body weight with operative extremity
- Keep incision clean and dry, no soaking or wetting for 2 weeks, no whirlpool, Jacuzzi for 4 weeks

Joint Protection Phase

- Passive range of motion (PROM) of shoulder
 - Scaption to 120°, external rotation to tolerance, no internal rotation
- Active range of motion (AROM) of neck, elbow, wrist and hand
- Gentle resisted exercise of elbow, wrist and hand as tolerated
- Pain free deltoid isometrics
- Pain free scapular pinches
- Frequent use of ice

Goals

- Patient and family independent with joint protection, PROM, assisting with putting on/taking off sling, home exercise program, use of ice for pain management
- Promote soft tissue healing and maintain integrity of replaced joint
- Enhance PROM
- Restore AROM of elbow/wrist/hand
- Perform minimally resistive exercise for elbow, wrist and hand
- Patient will demonstrate ability to activate deltoid and scapular musculature

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