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REVERSE TSA – Physical Therapy Rx

ROM

Sling Use:

Sling: _____ weeks

With sleep: _____ weeks

Recommended Clinical Guidelines

PROM^{5,10,14,26,27}

(0-1 weeks) Flex 0- 90

ER 20-30

IR to neutral

(1-6 weeks) Flex 0-120

ER to tolerance

(6 weeks) IR to 50 deg

(scap plane)

AROM (week 2)

Light strengthening (wk 4)

Precautions

*No combined shoulder adduction, IR, and extension (12 weeks)

*Support elbow with lying supine to avoid shoulder extension

*No lifting of objects (> 1-3 pounds) (12 weeks)

*no UE WB

Phase I – Tissue and Joint Protection/Healing Phase (0-3 weeks)

- Goals:** 1)Reduce pain and inflammation
 2)Minimize scar adhesion formation, joint stiffness, and muscle atrophy
 3)Protect repaired tissue
 4)Independence with modified ADLs

ROM: PROM per MD restrictions (See guidelines in column)
 AROM of cervical spine, elbow, wrist, hand only

Exercise: Scap squeezes
 Submaximal pain - free deltoid isometrics
 Gentle resisted exercise of elbow, wrist, hand

Manual: PROM of shoulder - focus on flexion, IR, and ER

Modalities: Cryotherapy²⁴

Criterion for Progression:

- 1)Minimal pain and signs of active inflammation
- 2)PROM flexion 0-120, ER to > 30 degrees
- 3)Pt demonstrates ability to activate all components of deltoid and peri-scapular musculature in scapular plane

Phase II – Tissue Proliferation Phase/Progression Phase (3-12 weeks)

- Goals:** 1)Pain control
 2)Progress on PROM and restore AROM
 3)Initiate gradual strength progression (week 9)
 4) Re-establish dynamic shoulder stability

ROM: PROM/AROM per MD restrictions

Exercise: Shoulder AAROM and AROM in scapular plane (*progressing from supine to sitting to standing*)

Gentle IR and ER submaximal pain-free isometrics

Shoulder Isotonics (weeks 9-12)

Scapulothoracic rhythmic stabilization

Periscapular pain free isotonics^{19,20}

Deltoid submaximal isotonics (*Anterior deltoid re-education in scap plane*)¹³

Manual: PROM/AAROM PRN

Modalities: Cryotherapy PRN

Criterion for Progression:

- 1) Minimal to no pain with exercise program and light ADLs
- 2)Improving function of shoulder with ADLs
- 3)Able to activate all deltoid and periscapular musculature and is gaining strength



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Phase III – Tissue Remodeling/Hypertrophy Moderate strengthening (12+ weeks)

- Goals:** 1)Improve muscular endurance, strength, and power
2)Advance functional activities
3)Enhance shoulder mechanics

ROM: Progress PROM, AAROM, AROM as tolerated

Exercise: Resisted flexion, elevation in standing as appropriate

Criterion for Progression:

- 1)No pain or edema/effusion**
- 2) Pain free AROM 80-120 degrees of elevation with functional ER of 30 degrees**
- 3) Continued strength gains**
- 4)Continued progression toward a return to functional and recreational activities within limits**

Phase IV – Sport Specific Training (16+ weeks) - if patient goal and MD clearance

- Goals:** 1)Begin sport specific drills
2)Normalize neuromuscular control
3)Prepare for return to sport

Exercise Restrictions:

*No UE WB exercises (i.e. yoga, gymnastics, pushups) and most contact sports unless cleared by MD