

Goals:

- Safely restore functional range of motion. rTSA will likely not achieve full unaffected shoulder ROM.
- Protect greater and lesser tuberosity repair while healing for the first 6 weeks.
- Return to sport specific activities around 3-6 months postop.
- rTSA position of instability: Adduction, Extension, IR.

0-2 weeks post op:

- Full time sling use (except while showering, dressing, therapy)
- Gentle PROM only
 - Motion limits: 90 degrees flexion, 30 degrees external rotation with arm at side, No internal rotation or extension
- Scapular program exercises (scapular protraction, retraction, elevation, depression)
- Home pendulums
- Encourage AROM or elbow, wrist, hand.

2-4 weeks post op:

- Patient can start to come out of sling while at home and resting/sitting in chair. Continue sling use when up and while sleeping.
- Continued gentle PROM only
 - Motion limits: 130 degrees flexion, 40 degrees external rotation with arm at side, No internal rotation or extension
- Continue scapular program

4-6 weeks post op:

- Continue sling use. Can slowly wean off sling at home.
- Continue gentle PROM
 - Motion limits: 150 degrees flexion, 45 degrees external rotation with arm at side, No internal rotation or extension
- Begin AAROM in forward flexion only
- Continue scapular program

6-12 weeks post op:

- Discontinue sling use
- Continue PROM as tolerated
- Progress AAROM to AROM in all planes
- Slowly introduce strengthening closer to 3 months postop