

Postoperative Rehabilitation after Reverse Total Shoulder Arthroplasty for Fracture

Diagnosis: Proximal Humerus Fracture ICD-10 = S42.209A

Treatment: Reverse Total Shoulder Arthroplasty for Fracture

Anticipated Duration of Therapy: 6-8 weeks with 2-3 visits per week

Postoperative to Week 2:

- Elbow, wrist, and hand range of motion
- Pendulums exercises may begin at 2 weeks post-op. The sling may be removed for showering, exercises as above, and to dress/undress. The patient should sleep with the sling on

Weeks 2-6:

- Pendulum exercises along with elbow, wrist, and hand range of motion
- Patient can stop using the sling after 6-8 weeks, per Dr. Kilian

Weeks 6-8: Start Physical Therapy – Land based

NO external rotation past neutral

- Passive range of motion, Active assist range of motion, and Active range of motion allowed within pain free range (except external rotation – NO external rotation past neutral)
- No resistance to rotator cuff or deltoid, but begin scapular stabilization exercises
- Home stretching (wand and/or pulley, etc.)

Weeks 10-12:

- External rotation beyond neutral
- NO external rotation or internal rotation resistance at any time
- Non-ER and non-IR resistance allowed at 10 weeks if satisfactory range of motion achieved

POSTOPERATIVE CLINIC APPOINTMENTS WITH DR. KILIAN:

- 2 weeks postoperatively – surgical incision check
- 6-8 weeks postoperatively – come out of sling and start therapy
- 3 months postoperatively
- 6 months postoperatively
- 1 year postoperatively
- 2 years postoperatively
- 5 years postoperatively
- 10 years postoperatively
- 15 years postoperatively
- 20 years postoperatively