

**H. Scott Ellsworth, MD**

**Rehabilitation Protocol: RTSA for Fracture**

**Phase I (0-6 weeks): Protect the Tuberosity Repair**

* **Weeks 0-2**
  + Sling at all times except for showering, eating, and exercises
  + Elbow, wrist, and finger ROM
  + Pendulums and shoulder shrugs
  + Strict NWB to operative extremity
* **Weeks 2-6**
  + Begin PROM and AAROM with pulleys and wand exercises
    - ROM limits: FE 130 degrees, ER 30 degrees
    - NO IR/extension behind the back
    - 5lbs lifting restriction at waist level
    - No pushing off with the operative arm

**Phase II (6-12 weeks): Advance ROM**

* Lifting restriction of 5 lbs
* Scapular stabilizer and strengthening
* Advance AAROM and PROM
  + Flexion and scapular plane elevation to tolerance
  + ER to 45 degrees
  + Extension ROM to 30 degrees
  + Gentle IR stretching

**Phase III (12+ weeks): Return to Full Activity**

* Discontinue lifting restrictions
* Advance shoulder ROM as tolerated in all planes
* May initiate rotator cuff strengthening
* Continue scapular stabilizer strengthening
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* Incorporate low level functional activities at 12 weeks
  + Swimming, water aerobics, light tennis, etc…
* Higher level activities at 16 weeks

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