

**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
* Continue scapular stabilizer strengthening
* Incorporate low level functional activities at 12 weeks
	+ Swimming, water aerobics, light tennis, etc…
* Higher level activities at 16 weeks

H. Scott Ellsworth, MD kcorthoalliance.com 3651 College Blvd.

Shoulder & Elbow Surgery hscottellsworthmd.com Leawood, KS. 66211

 (913)- 319- 7600