



Kansas City Orthopedic Alliance

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
Shoulder & Elbow Surgery

kcorthoalliance.com
hscottellsworthmd.com
(913)- 319- 7600

3651 College Blvd.
Leawood, KS. 66211