

Total Shoulder Arthroplasty Rehabilitation Guidelines

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Rehabilitation Protocol for Total Shoulder Arthroplasty and Hemiarthroplasty. This protocol is intended to guide clinicians and patients through the post-operative course after a total shoulder arthroplasty (TSA) and hemiarthroplasty. Specific interventions should be based on the needs of the individual and should consider exam findings and clinical decision making.

[Rehabilitation Protocol for Total Shoulder Arthroplasty ...](#)

Shoulder arthroplasty pHASe i (surgery to 4 weeks after surgery) Appointments • Physician appointment within 1 week of surgery • Rehabilitation appointments begin within 1 week of surgery Rehabilitation Goals • Reduce pain and swelling in the post-surgical shoulder • Maintain active range of motion of the elbow, wrist and neck

[Rehabilitation Guidelines for Shoulder Arthroplasty and ...](#)

Total Shoulder Arthroplasty Rehabilitation Guideline This rehabilitation program is designed to return the individual to their activities as quickly and safely as possible. It is designed for rehabilitation following total shoulder arthroplasty.

[Total Shoulder Arthroplasty Rehabilitation Guideline](#)

Total Shoulder Replacement 6 3. External-internal rotation Lay down on your back. Hold stick with good hand in under grip and operated hand in a top grip, elbows bent at 90 ° . Using your good hand gently push the stick towards the operated side of your body, making sure you keep the elbow of your bad arm by your side. 10 Repetitions 4. Shoulder flexion

[Total Shoulder Replacement Rehabilitation Guidelines](#)

Use of a sling for 3 weeks post-op unless otherwise indicated. No pulley in the first 6 weeks. No resistance until 4 ½ months, periscapular strengthening ok. Minimize heavy, excessive cyclic loads for the first 6 months. Maintenance of good postural positioning when performing all exercises. Maintain surgical motion early, but protect subscapularis repair by avoiding internal rotation strengthening for the first 4 months.

[Total Shoulder Replacement Surgery Rehab Protocol & Recovery](#)

General guidelines for rehabilitation Patients maybe on treatment for over 4 months, to help optimise range and activity of the shoulder. Improvements can be seen for up to 2 years (Wilcox et al). Appointments maybe infrequent, but contact to assess and progress the exercise programme is indicated to maximise the effect of surgery.

[OUTPATIENT POST-OPERATIVE PHYSIOTHERAPY GUIDELINES](#)

This guideline covers care before, during and after a planned knee, hip or shoulder replacement. It includes recommendations to ensure that people are given full information about their options for surgery, including anaesthesia.

[Joint replacement \(primary\): hip, knee and shoulder - NICE](#)

Rehabilitation Following Total Shoulder Arthroplasty Reg B. Wilcox III, PT, DPT, MS1 Linda E. Arslanian, PT, DPT, MS2 Peter J. Millett, MD, MSc3 Total shoulder arthroplasty (TSA) is a standard operative treatment for a variety of disorders of the glenohumeral joint. Patients, who have continued shoulder pain and loss of function in the

[Rehabilitation Following Total Shoulder Arthroplasty](#)

Rehabilitation Guidelines. Please note that this is advisory information only. Your experiences may differ from those described. All exercises must be demonstrated to a patient by a fully qualified Physiotherapist.

[Rehabilitation Guidelines :: Royal National Orthopaedic ...](#)

Inpatient rehabilitation 1.10.1 A physiotherapist or occupational therapist should offer rehabilitation, on the day of surgery if possible and no more than 24 hours after surgery, to people who have had a primary elective hip, knee or shoulder replacement.

[Joint replacement \(primary\): hip, knee and shoulder - NICE](#)

Reverse Total Shoulder Arthroplasty Rehab Protocol 1 Rehabilitation Guidelines for Standard Reverse Total Shoulder Arthroplasty (rTSA) *Note: Revision surgery or cases involving bonegrafting procedures may undergo modifications to the below guideline.

~~Rehabilitation Guidelines for Standard Reverse Total ...~~

Reverse shoulder arthroplasty (RSA) shows a growing number of implantations and is a valuable option to improve shoulder function and decrease pain. However, there is no consensus concerning the rehabilitation protocol following surgery. To review and evaluate current rehabilitation contents and protocols after RSA by reviewing the existing scientific literature and providing an overview of ...

~~Rehabilitation following reverse shoulder arthroplasty ...~~

There are a few significant differences in post-operative guidelines between a total shoulder arthroplasty (TSA) and reverse shoulder arthroplasty (RSA) primarily due to rotator cuff arthropathy. Deltoid function and periscapular strength become primary sources of shoulder mobility and stability. Considerations for the Reverse Shoulder Arthroplasty Rehabilitation Program

~~Rehabilitation Protocol for Reverse Shoulder Arthroplasty~~

Standardized, consensus and evidence derived post-operative shoulder rehabilitation guidelines for patients following Arthroscopic Bankart, Arthroscopic/ Mini-Open Rotator Cuff Repairs and Total Shoulder Arthroplasty have been developed by a multidisciplinary team of physical therapists, orthopedic surgeons and physicians known as SURGE (Shoulder and Elbow Research Group of Edmonton).

~~Shoulder Rehabilitation Guidelines | Faculty of ...~~

Edmonton Region Shoulder Rehabilitation Guidelines - Total Shoulder Arthroplasty Surgery Date: _____ Surgeon: _____ Patient Information: _____ ... • Advise on limitations of joint replacement procedure (i.e. contraindicated activities/sports) • Functional GH joint AROM AROM should be painfree and

~~Edmonton Region Shoulder Rehabilitation Guidelines – Total ...~~

Total Shoulder Arthroplasty / Hemiarthroplasty Protocol: The intent of this protocol is to provide the clinician with a guideline of the postoperative rehabilitation course of a patient that has undergone a total shoulder arthroplasty (TSA) or hemiarthroplasty (humeral head replacement, HHR).

~~Physical Therapy Total Shoulder Arthroplasty ...~~

Total shoulder arthroplasty (TSA) is indicated for patients with glenohumeral arthritis. In this procedure, the humeral head and glenoid surface are replaced with prosthetic components. Reverse total shoulder arthroplasty (RTSA) is indicated for patients with glenohumeral arthritis and a poorly functioning rotator cuff.

~~A Systematic Review of Proposed Rehabilitation Guidelines ...~~

Reverse or Inverse Total Shoulder Arthroplasty (rTSA) is designed specifically for the treatment of glenohumeral (GH) arthritis when it is associated with irreparable rotator cuff damage, complex fractures as well as for a revision of a previously failed conventional Total Shoulder Arthroplasty (TSA) in which the rotator cuff tendons are deficient.

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