

Total Shoulder Arthroplasty Rehabilitation Guidelines

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Rehabilitation Guidelines for Total Shoulder Arthroplasty ...

Ohio State physicians and physical therapists work collaboratively to develop best clinical practices for post-surgical rehabilitation. The path to regaining range of motion, strength and function can require a sustained and coordinated effort from the patient, his or her family, the Ohio State Sports Medicine physical therapy team and sometimes, other healthcare providers.

Physical Therapy Total Shoulder Arthroplasty ...

Aerobic conditioning throughout the rehabilitation process with pool and. Learn more about the rehab, recovery time, & exercise protocols for total shoulder replacement surgery. ... Total shoulder replacement post-op physical therapy protocol. ... All progressions are approximations and should be used as a guideline only. Progression will be ...

TOTAL SHOULDER ARTHROPLASTY CLINICAL PRACTICE GUIDELINE

REHABILITATION GUIDELINES FOR REVERSE TOTAL SHOULDER ARTHROPLASTY PHASE I (0-6 WEEKS) DATES: Appointments Physical therapy 2-3 x/week Rehabilitation Goals • Promote soft tissue healing/maintain the integrity of the replaced joint • Restore AROM of elbow, wrist, and hand Precautions

Total Shoulder Replacement Rehabilitation Guidelines

REHABILITATION AFTER TOTAL SHOULDER ARTHROPLASTY Activities and advice for in the hospital and while at home: 1. Please call with any concerns: (817) 419-0303 2. Apply ice, or the cooling unit, to the shoulder as it will be quite helpful.

Rehabilitation after total shoulder arthroplasty

Rehabilitation Following Total Shoulder Arthroplasty. J Orthop Sports Phys Ther. 2005; 35 (12): 821-836. Please Note: Patients with a concomitant repair of a rotator cuff tear and/or a TSA/HHR secondary to fracture or cuff arthropathy should be progressed to the next phase

Total Shoulder Replacement Surgery Rehab Protocol & Recovery

Seven of 10 published protocols recommended limiting shoulder external rotation to 30 ° and that passive range of motion be fully restored by 12 weeks post surgery.

Department of Rehabilitation Services Reverse Total ...

Learn about Physical Therapy Standards of Care and Protocols from the Rehabilitation Services at Brigham and Women's Hospital. ... Reverse (Inverse) Total Shoulder Arthroplasty Protocol; Reverse (Inverse) Total Shoulder Arthroplasty with Latissimus Dorsi Tendon Transfer Protocol ... Return to Sports Guidelines.

Total Shoulder Arthroplasty/Hemiarthroplasty Protocol

Total Shoulder Replacement 1 PH: 1300 746 853 Total Shoulder Replacement Rehabilitation Guidelines The following is a detailed outline of the rehabilitation regime for patients who have had a Total Shoulder Replacement by Dr. Macgroarty. Each case can be very different depending on the goals of the patient, the age of the

Rehabilitation Guidelines for Shoulder Arthroplasty and ...

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 Following Total Shoulder Arthroplasty ...

UW Health's Sports Medicine sports rehabilitation physical therapists and athletic trainers in Madison, Wisconsin, help injured athletes return to health and return to sport.

Total Shoulder Replacement Protocol: Rehab Precautions ...

Reverse Total Shoulder Arthroplasty Protocol: The intent of this protocol is to provide the physical therapist with a guideline/treatment protocol for the postoperative rehabilitation management for a patient who has undergone a Reverse Total Shoulder Arthroplasty (rTSA). It is by no means intended to be a substitute for a physical

A Systematic Review of Proposed Rehabilitation Guidelines ...

Total Shoulder Replacement Protocol Sports & Orthopaedic Specialists 9 SUPINE ROTATOR CUFF PROGRAM These exercises are intended for the initial strengthening of acute shoulder problems, and/or long-term rehabilitation for massive rotator cuff tears and other conditions resulting in long-term severe weakness.

Rehabilitation Guidelines for Standard Reverse Total ...

Rehabilitation Precautions shoulder hyperextension/anterior capsule stretch • In supine, a small pillow or towel should be placed behind the elbow to avoid • In the presence of poor shoulder mechanics avoid repetitive shoulder AROM exercises/activity against gravity in standing • No heavy lifting of objects (no heavier than coffee cup)

Rehabilitation Guidelines After Surgery, Sports Medicine ...

Rehabilitation Guidelines for Total Shoulder Arthroplasty and Hemi-arthroplasty . Josef K. Eichinger, MD . General Information • Total Recovery time is between 4-6 months depending on factors such as injury severity, patient sport/activity/age and type of repair.

Rehabilitation Following Reverse Total Shoulder Arthroplasty

With all this being said, shoulder surgeries are one of the most successful operations a person can undergo. To be more precise, the complication rate associated with total shoulder replacement surgery is less than five percent, and this number can be decreased even further when proper total shoulder replacement precautions are followed.

REHABILITATION GUIDELINES FOR REVERSE TOTAL SHOULDER ...

The intent of this protocol is to provide the therapist with a guideline for the postoperative rehabilitation course of a patient that has undergone a Total Shoulder Arthroplasty (TSA) or Hemiarthroplasty (Humeral Head Replacement, HHR).

Physical Therapy Standards of Care - Brigham and Women's ...

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 presence of advanced joint pathology, despite conservative management, are often managed by undergoing a TSA.

Total Shoulder Arthroplasty Rehabilitation Guidelines

Shoulder arthroplasty Suggested Therapeutic Exercise • Passive and active assistive range of motion for the shoulder in all cardinal planes (shoulder internal rotation should be passive only until 6 weeks) • Pain free, progressive, low resistance shoulder isotonics • Gentle, low velocity rhythmic stabilizations to patient tolerance

Total Shoulder Replacement Protocol - Sports and Ortho

Reverse or inverse total shoulder arthroplasty (rTSA) is becoming a widely accepted surgical intervention. This procedure is specifically designed for the treatment of glenohumeral (GH) joint arthritis or complex fractures, when associated with irreparable rotator cuff (RC) damage or in the presence of RC arthropathy.

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