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) or hemiarthroplasty. Specific interventions should be based on the needs of the individual and should consider exam findings and clinical decision making.

Total Shoulder Arthroplasty

Total shoulder arthroplasty (TSA) is indicated for patients with glenohumeral arthritis. In this procedure, the humeral and glenoid components of the joint are replaced with prosthetic components.

Reverse total shoulder arthroplasty (RTSA) is indicated for patients with advanced glenohumeral osteoarthritis and a poorly functioning rotator cuff.

Rehabilitation Protocol for Reverse Shoulder Arthroplasty

There are a few significant differences in post-operative guidelines between a total shoulder arthroplasty (TSA) and reverse total shoulder arthroplasty (RTSA).

Rehabilitation following reverse shoulder arthroplasty ...

Evaluate current rehabilitation contents and protocols after RSA by reviewing the existing scientific literature and providing an overview of ... Reverse shoulder arthroplasty (RSA) shows a growing number of implantations and is a valuable option to improve shoulder ... 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 ...