

# Does Undergoing a Prehabilitation Protocol Aimed at Optimizing Scapulothoracic Mobility and Strengthening Improve Internal Rotation After Reverse Shoulder Arthroplasty?

NCT07145957

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**Status** RECRUITING  
**Sponsor** University of Florida  
**Enrollment** 64 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Undergoing primary RSA for glenohumeral osteoarthritis or rotator cuff arthropathy
- Must be able to read and speak English
- Willing and able to attend a monthly therapy session and perform exercises at home for a minimum of 6 weeks before surgery
- Willing and able to participate in postoperative monitoring for a minimum of 2 years

### Exclusion (7)

- Patients under the age of 40 and over the age of 80.
- Diagnosis of septic shoulder, fracture, or fracture sequelae, or tumor pathology of the ipsilateral shoulder
- Pre-existing hand, wrist, or elbow pathology that limits elbow flexion or extension, or forearm pronation or supination
- Planned to undergo synchronous procedure of the involved extremity (e.g., synchronous RSA and carpal tunnel release)
- Tendon transfer (e.g., Latissimus dorsi transfer) performed intraoperatively
- ... and 2 more (see full listing online)

## Locations (1 total)

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