

PHYSICAL THERAPY PROTOCOL: Reverse Total Shoulder Replacement

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks

In hospital:

- PROM: supine forward flexion as tolerated, ER to 15 degrees, IR to abdomen
- AROM: elbow, wrist, and hand
- Pendulums as tolerated
- Nothing heavier than coffee cup
- Education on proper sling use (DON/DOFF sling), joint protection
- Wear sling at night and in public, may come out of sling at home if elbow is supported
- Towel behind elbow/arm when supine to prevent extension
- No pushing off bed/chair with operative arm at any time

Phase 1: 1-2 Weeks Post-Op

Range of motion:

- PROM→AAROM as tolerated: FF 140, Abd 100, ER 40 in scapular plane, IR to abdomen
- Full ROM of elbow/wrist/hand

Exercises:

- Pendulums as tolerated, no lifting beyond coffee cup
 - No supporting weight on operative side, no driving until off narcotics
- Sling may be discontinued after this phase

Criteria for next phase: Tolerates PROM: 100 FF, 90 Abd, 30 ER in scapular plane, IR abdomen

Phase 2: 3-6 Weeks Post-Op

-D/C sling

Range of Motion:

- AAROM with passive stretch to prescribed limits, supine FF/ER gradual increase to full, IR buttock
 - o No active IR for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 6 weeks for it to grown back down into the humerus and regenerate a blood and nerve supply

Exercises:

- Pendulums
- Start isometric deltoid contractions, scapular strengthening
- **Heat before PT, ice after PT sessions**

Goals: increase to full PROM as tolerated to 140 degrees FF; 45 degrees ER, abd 100, IR to buttock, gradually restore AROM, re-establish dynamic shoulder stability

Criteria for next phase: Tolerates P/AAROM, isometric progression, 130 PROM FF and 100 AROM FF, 100 PROM abd, 45 PROM ER, buttock PROM IR

Phase 3: 6-12 Weeks Post-Op

Range of Motion:

- Maintain Phase 2 motion, IR to L5/buttock

Exercises:

- Progress Phase 2
- Scapular mobilization, periscapular strengthening
- Deltoid strengthening
- Standing forward punch
- Rows
- No lifting >5lbs

Goals: gradually restore strength and endurance, neuromuscular control, gradual return to functional activities

Criteria for next phase: Tolerate AA/AROM, AROM of 140FF, 45 ER, 100 Abd, IR sacrum

Phase 4: >12 weeks Post-Op

- Home exercises, gradual progression in strengthening program

Goals: Maintain full painless AROM, maximize strength and endurance, maximize use of UE

4-6 months: Return to recreational hobbies (golf, tennis, etc)