

PHYSICAL THERAPY PROTOCOL: Reverse Total Shoulder Replacement

Name: _____

Date of Surgery: _____

Diagnosis: _____

Signed: _____

Frequency: 2-3 times per week x 12 weeks

Phase 1: 0-6 Weeks Post-Op

-Patient will do home exercises given post-op (pendulums, elbow and wrist ROM, grip strengthening, etc.)

-Remove sling for home exercises and bathing only

Phase 2: 6-12 Weeks Post-Op

-D/C sling

Range of Motion:

- PROM → AAROM → AROM as tolerated except the following:

- o No active IR / backwards extension 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

- Goals: increase ROM as tolerated to 90 degrees FF; 20 degrees ER no manipulation

Exercises:

- Grip strengthening OK
- Begin light resisted ER/FF/ABD, isometrics and bands, concentric motions only
- No scapular tractions with bands yet
- **No resisted internal rotation / backward extension until 12 weeks post-op**

Heat before PT, ice after PT sessions

Phase 3: 3-12 Months Post-Op

- Being resisted IR/BE (isometrics/bands); isometrics → light bands → weights

- Advance strengthening as tolerated; 10 reps / 1 set per exercise for rotator cuff, deltoid, and scapular stabilizer

- Increase ROM to fill with passive stretching at end ranges

- Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks