

**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