



Reverse Total Shoulder Post-Operative Protocol

Jason Dieterle, DO

*1st Post-op visit should be scheduled with Physician's Assistant

POST-OP DAY 1 - WEEK 2:

- Pendulum/Codman's/ Table Top Flex/AAROM lifting with uninvolved arm per tolerance
- Regular sling- 2 weeks
- ROM for the elbow and wrist

WEEKS 2-4:

- PROM shoulder flexion, abduction, scaption. Pulley flexion
- AROM neck, elbow, wrist, hand
- A/AROM with wand, ER ok, (not concerned about the subscap since it is kept intact and the deltoids are the primary stabilizers)
- Begin AROM per tolerance/ start in supine and progress to standing
- Scapular stabilization with scap sets
- Begin isometrics and supine RC program

WEEKS 4-6:

- Continue with AROM
- Begin to strengthen at 4-6 weeks per tolerance
- RC strengthening 20-30 reps every other day. Limit deltoid ex's to 2-3# wts.
- Functional lifting restriction 20# lifetime

**With the latest hardware and technique for reverse total shoulders (Dieterle), there are very few precautions. There is no longer the risk for dislocating with activities involving IR, such as reaching behind back to tuck in a shirt. Patients should use pain as their guide.*

