

**Reverse Total Shoulder Arthroplasty  
Physical Therapy Protocol  
Dr. Allan Hunt**

**Phase I 0-6 Weeks**

Week 1 Ice 3-5 times per day for 15 minutes each

May shower but not soak surgical arm

May eat, type, write and brush teeth with sling in place

Sling with abductor pad for 4-6 weeks

Codman's exercises 3-5 times per day for 10-15 minutes each

AROM hand, wrist, elbow and scapular squeezes

PROM into flexion- table slides, pulleys progressing to AAROM supine can exercises in flexion

No external rotation for 6 weeks, no abduction >45 degrees

**Phase II 6-12 Weeks**

Discontinue sling

Recheck with surgeon at 8 weeks

Start PROM/AROM all planes, gradually progressing external rotation and abduction

Joint mobilization all planes PRN

Add isometrics all planes progressing (beginning 6-8 weeks) to isotonic exercises per patient tolerance by 12 weeks post-op

**Phase III 12 weeks to discharge**

Progress to more active strengthening, power and endurance to patient's tolerance (No Theraband)

Capsular stretching to gain maximal ROM

Avoid impact activities such as contact sports, hammering, or free-weight training