

Reverse Total Shoulder Replacement Protocol Dr. Comfort

Formal Physical Therapy will start after 2 weeks post op

PHASE I (1-14 DAYS POST OP):

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

PHASE 2 (2-4 WEEKS POST OP):

- PROM shoulder flexion, abduction, scaption. Pulley flexion
- AROM neck, elbow, wrist and hand
- A/AROM with wand, ER
- Begin AROM per tolerance, start in supine and progress to standing
- Scapular stabilization with scap. Sets

PHASE 3 (4-6 WEEKS POST OP):

- Continue with AROM
- Begin to strengthen per tolerance
- Limit deltoid exercises to 2-3# weights
- Functional lifting restriction 20# lifetime

No precautions for dislocations. Pain is the patient's guide to activity.