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Reverse Total Shoulder Arthroplasty (w/o Subscapularis Repair) Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (week 0-2) Goals: <ul style="list-style-type: none"> Pain and edema control. Full PROM 	<ul style="list-style-type: none"> Sling use full time x 2 weeks 	<ul style="list-style-type: none"> PROM: full Modalities: <ul style="list-style-type: none"> IFC & ice x 20 mins 	<ul style="list-style-type: none"> Pendulums Cervical, elbow, wrist and hand ROM Strength: <ul style="list-style-type: none"> Wrist and grip only Scapular retraction-depression
Phase 2 (week 3-4) Goals: <ul style="list-style-type: none"> Maintain full PROM 	<ul style="list-style-type: none"> Sling use as needed for comfort and support 	<ul style="list-style-type: none"> PROM: full Begin AAROM 	<ul style="list-style-type: none"> Continue as above Begin isometrics week 4 for IR/ER and elbow flex/ext. No resisted elbow flexion x 4 wks Avoid reaching behind back x 6 wks
Phase 3 (week 5-6) Goals: <ul style="list-style-type: none"> Full PROM by 6 week mark 	<ul style="list-style-type: none"> D/C sling 	<ul style="list-style-type: none"> Full P/AAROM Begin AROM 	<ul style="list-style-type: none"> Scapular retraction-depression Pendulums Isometrics Open chain proprioception Begin low load prolonged stretches

<p>Phase 4 (week 7-12) Goals:</p> <ul style="list-style-type: none"> • Full range of motion • 4/5 strength (rotator cuff and scapula stabilization) 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Full A/PROM 	<p>Strength:</p> <ul style="list-style-type: none"> • Begin rotator cuff/deltoid endurance • Begin light therabands • Posture control <p>Aerobic:</p> <ul style="list-style-type: none"> • May start elliptical, treadmill at incline and progress to walk run x 30 mins • Start UBE w/o resistance
<p>Phase 5 (week 13-18 wks) Goals:</p> <ul style="list-style-type: none"> • Full range of motion • Full strength 	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • Continue full A/PROM 	<p>Strength:</p> <ul style="list-style-type: none"> • Begin push-up progression • Body blade at multiple angles • Unrestricted therabands in all planes • Continue rotator cuff strengthening • Can return to full activity <p>Aerobic:</p> <ul style="list-style-type: none"> • Continue progression to running on treadmill • Rowing machine, Versiclimber

RETURN-TO-SPORT CRITERIA:

- Functional pain-free active range of motion, maximized strength, proper scapulothoracic mechanics

PRECAUTIONS:

- No repetitive lifting heavier than 50 lbs, no contact sports, only light-weight lifting