



TWIN CITIES ORTHOPEDICS

Reverse Total Shoulder Arthroplasty

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PHASE I- WEEKS 0-4

- Sling at rest
- Cryocuff as needed, may wean as tolerated
- Elbow, wrist, and hand exercises
- Edema control as needed
- Simple deltoid isometrics twice daily, abduction only. No rotation
- Eating, writing, limited computer use when tolerated, unless instructed otherwise

PHASE II- WEEK 5-6

- Sling at rest
- Cryocuff as needed
- Pendulums
- Easy isometric exercises: abduction, external rotation, extension, flexion
- Subscapularis precautions: No internal rotation at any position
- Avoid position of arm extension
- Elbow, wrist, hand exercises
- Edema control as needed
- Eating, writing limited computer use when tolerated, unless instructed otherwise
- Scapular stabilization exercises
- ***No deep tissue massage***

PHASE III- WEEK 7-10

- Wean from sling
- Continue above
- Progress to full AROM/AAROM/PROM in all planes (perform PROM supine to enhance relaxation, not aggressive)
- Progress to active assisted ROM in the supine position, with exception of internal rotation
- Gradual progress of exercises in supine to vertical position
- Gradual progression of forward elevation to full passively within patient tolerance
- Include wand exercises
- Begin active internal rotation
- Begin PRE's within patient tolerance, except subscapularis
- Isotonic exercises beginning without weight, progressing within patient tolerance to PRE's, starting 2-4 oz and increasing incrementally as tolerated
- Topical massage prn
- ***No strengthening of subscapularis until 12 weeks post surgery***

PHASE IV- WEEK 11-16

- Continue full strengthening and stretching program

PHASE V- WEEK 20-28

- Return to full functional activities
- Long-term it is recommended to avoid most athletic type activities and other strenuous use of the shoulder. This protocol provides you with general guidelines for the rehabilitation of the patient undergoing a reverse total shoulder arthroplasty. Specific changes in the program will be made by the physician as appropriate for the individual patient

Please have Physical Therapy call Dr. Honstad with any questions at (952) 442-2163.