

## Reverse Total Shoulder Arthroplasty Protocol

Specific requests or deviations that fall outside the scope of this protocol will be made by the provider as appropriate for the individual patient.

### PHASE 1 (0 – 4 WEEKS)

**Start PT 2-4 weeks from date of surgery**

**Treatment Frequency** – 2x/wk – to be determined by therapist and depends on patient's progress.

Goals:

- Protect the subscapularis repair (NO active internal rotation)
- Maintain mobility of surrounding joints
- Use of sling which may be removed for dressing, hygiene and use of hand, wrist or elbow
- Control edema
- Educate on signs of infection
- Sleep with pillow support to avoid shoulder extension

Exercises – done in pain-free manner, 2x/day

- Pendulums to begin at 4 weeks
- AROM elbow, wrist, hand
- Isometrics of deltoid in abduction only – 2x daily

### PHASE 2 (4 – 6 WEEKS)

**Treatment Frequency** – 2x/wk – to be determined by therapist and depends on patient's progress.

Goals:

- Start scapular stabilization
- Wean from sling beginning at 6 weeks
- Continue to support arm to avoid shoulder extension

Exercises – done in pain-free manner, 2x/day

- Continue with phase 1 exercises
- Scapular stabilization: active isometrics for retraction and depression
- Easy isometrics in abduction, external rotation, extension, and flexion

### PHASE 3 (6 – 12 WEEKS)

**Treatment Frequency** – 1-2x/wk – to be determined by therapist and depends on patient's progress.

**Goals:**

- Wean from sling
- Subscapularis precautions: no active internal rotation and no passive ROM ER > 30° until week 6; no isometric internal rotation until week 6 and begin gently in neutral; and no internal rotation PREs until week 12
- Progress ROM:
  - Forward flexion final goal 130°-150°
  - Abduction final goal 110°-120°
  - External Rotation final goal 30°- 45°

**Exercises – done in pain-free manner, 2x/day**

- Continue with phase 2 exercises
- Progress ROM with AROM/AAROM/PROM in all planes as tolerated (PROM supine may enhance relaxation, nothing aggressive)
- Active-Assist ROM-supine wand assisted flexion and scaption with neutral rotation and/or pulleys as tolerated
- Begin gentle and pain-free internal rotation isometrics
- May begin gentle capsular stretching
- Begin PRE avoiding internal rotation until week 12
- Proprioception stabilization exercises
- Progress scapular stabilization exercises

**PHASE 4 (12 – 24 WEEKS)**

**Treatment Frequency** – 1x/wk – progressing to independent home program determined by therapist and patient's progress.

**Goals:**

- Continue strengthening and stretching program
- Return to functional activities
- Progress ROM:
  - Forward flexion final goal 130°-150°
  - Abduction final goal 110°-120°
  - External Rotation final goal 30°- 45°

**Exercises – done in pain-free manner, 2x/day**

- Can begin subscapularis strengthening exercises 12 weeks post-surgery
- Continue with above exercises

**Long-term Limitations:**

1. Recommend avoiding most athletic-type activity or strenuous use of the shoulder
2. No impact activities (ie ax, sledge hammer)
3. No pull-start motors
4. No lifting greater than 10# with the operative upper extremity