

Reverse Total Shoulder Arthroplasty

Name _____ Date _____

Procedure _____

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Frequency 1 2 3 4 5 times/week Duration 1 2 3 4 5 6 weeks

Weeks 0-6:

- Patient to do home exercises given post op (pendulums, elbow ROM, wrist ROM, grip strengthening)
- Remove sling for home exercises and bathing ONLY
- May begin passive forward elevation and gentle ER as tolerated without over stretching
- Progress ER with goal of ____ (30° if not otherwise specified) at 6 weeks
- PROTECT subscapularis repair, NO active IR, excessive passive ER or backwards extension for 6 weeks; the subscapularis tendon is taken down for the procedure and then repaired
- NO end range or aggressive stretching for 6 weeks

Weeks 6-12:

- PROM → AAROM → AROM as tolerated except:
 - No resisted IR/backwards extension until 12 weeks post op
- **May DC sling at 6 weeks**
- Pulleys
- Heat before and ice after therapy
- Begin light resisted ER/FF/ABD isometrics and bands, concentric motions only
 - No scapular retractions with bands yet

Months 3-12:

- Begin resisted IR/BE (isometrics/bands); isometrics → light bands → weights
- Advance strengthening as tolerated; 10 reps/ 1 set per exercise for rotator cuff, deltoid, and scapular stabilizers
- Increase ROM to full with passive stretching at end ranges
- Begin eccentric motions, plyometrics and closed chain exercises at 12 weeks

Comments:

Teach HEP _____

Modalities PRN

Every patient's therapy progression will vary to a degree depending on many factors. Please use your best clinical judgment on advancing a patient. If other ideas are considered to improve patient's outcome do not hesitate to call.

Patient's recovery is a team approach: Patient, family/friend support, therapist, and surgeon. Every team member plays an important role in recovery.

Signature _____ **Date** _____