

## Reverse Total Shoulder Arthroplasty

Name \_\_\_\_\_ Date \_\_\_\_\_

Procedure \_\_\_\_\_

Procedure Date \_\_\_\_\_

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

### FIRST THERAPY VISIT

- Therapy appointment should be scheduled for 3-5 days postoperatively.
- Goals of therapy visit include:
  - Surgical site evaluation (see below for instructions)
  - Brace/sling education and adjustment as needed
  - Review of therapy protocol, expectations, and plan
  - Initiation of early phase therapy ONLY if applicable (follow protocol as outlined below)
- Surgical site evaluation
  - Incisions are closed with one or combination of below methods
    - Staples
    - Nylon sutures (black sutures)
    - Monocryl sutures covered with steristrips or glue
    - Prineo dressing (clear adherent glue dressing)
  - Anytime the dressing is changed or examined, **please wash hands** prior with antibacterial soap.
  - If there is a Tegaderm dressing near the armpit, **DO NOT REMOVE THIS DRESSING**. This should remain intact until first physician appointment. The remainder of the dressing may be changed per below.
  - There will be gauze and padding over the incisions and the extremity may be wrapped with an ACE wrap. The surgical dressing should be changed by the therapist using **sterile** technique. This includes sterile field, sterile gloves, betadine or chlorhexidine skin cleanser and sterile supplies when redressing the wounds. Do NOT remove steri-strips or glue dressing. Do NOT remove sutures or staples. The new dressing should include dry gauze and ACE wrap. Before the new dressing is applied the wounds should be clean and dry (without removing steri strips or glue dressing). Please do not use tegaderm unless it was used at the time of surgery or if specifically stated on the orders. If there are any concerns with the incisions or dressings, the therapist should call the office immediately – (219) 250-5038.
  - Unless otherwise instructed, incisions must remain dry for 7 days. They must be sealed off in the shower. The Prineo dressing/glue dressing is water resistant, and incisions covered by this dressing may get wet after 3-5 days. Minimize water/moisture at incision sites. Do NOT scrub the area. Pat the area dry with a clean towel and keep free of lotions or creams. Do NOT soak in a pool, bath or hot tub until permitted by the surgeon's office. Please wear clean clothes following shower and be conscious of any pet hair or other contaminants near the surgical area. Do not apply any ointments or medications to the area.

**\*\*\*Range of motion is an important progression of therapy, but limiting swelling is important.  
Respecting swelling will decrease pain and improve motion.\*\*\***

**Weeks 0-6:**

- Patient to do home exercises given post op only (pendulums, elbow ROM, wrist ROM, grip strengthening)
- Remove sling for home exercises and bathing **ONLY**
- **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

**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** \_\_\_\_\_