

Reverse Total Shoulder Arthroplasty

Physical Therapy Post-op Protocol

Weeks 0-4

- Wear sling in public and to sleep
- Protect Subscapularis repair by avoiding external rotation (letting the hand twist away from the body)
- Pendulums, AAROM/PROM in scapular plane, forward flexion; no external rotation
- No active internal rotation (bear hugs or pressing belly)
- Remove sling for elbow ROM
- Continue wrist and elbow active ROM, ball squeezes
- Scapular stabilization exercises (shoulder shrugs and shoulder blade pro/retractions)
- Ice 3-4x daily
- AVOID EXTENSION, EXTERNAL ROTATION

Weeks 4-8

Goals: Increased Function and range of motion

- Deltoid re-education in supine position
- No resistive exercises and no weights
- Continue scapular strengthening
- Active range of motion – supine (no weights)
- ER to neutral until 6 weeks, then progressively advance ER

Weeks 8+

- GENTLE deltoid strengthening (1-2 pounds)
- Re-establish functional motion (for use with ADLs)
- Establish scapular control, shoulder strength
- Biceps/triceps strengthening