

Rehabilitation Protocol:
Reverse Total Shoulder Replacement

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ARTHROSCOPIC SURGERY | JOINT RECONSTRUCTION



Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Weeks 0-2)

- Sling immobilization for first 2 week
 - Out of sling for home exercises (pendulums twice daily)
- Therapeutic Exercise
 - Grip Strengthening
 - Elbow/Wrist/Hand Exercises
 - Teach Home Exercises -- Pendulums
- Heat/Ice before and after PT sessions
- Limit External Rotation to Neutral (for Subscapularis Repair)

Phase II (Weeks 3-12)

- Discontinue sling
- Range of Motion – PROM, AROM - increase as tolerated
 - Begin Active Internal Rotation and Backward Extension as tolerated
 - Goals: >90° Forward Flexion and 30° External Rotation
- Therapeutic Exercise
 - Begin light resisted exercises for Forward Flexion, External Rotation and Abduction – isometrics and bands – Concentric Motions Only
 - **No Resisted Internal Rotation, Backward Extension or Scapular Retraction**
 - Modalities per PT discretion

Phase III (Months 3-12)

- Range of Motion – Progress to full AROM without discomfort – gentle passive stretching at end range
- Therapeutic Exercise
 - Begin resisted Internal Rotation and Backward Extension exercises
 - Advance strengthening as tolerated – Rotator Cuff, Deltoid and Scapular Stabilizers
 - Begin eccentric motions, plyometrics and closed chain exercises
- Modalities per PT discretion

Comments:

Frequency: 2-3 times per week

Duration: 6-8 weeks

Signature: _____

Date: _____