

Reverse Total Shoulder Arthroplasty Rehabilitation Program

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Diagnosis: Right / Left Reverse total shoulder replacement _____

Date of Surgery: _____

Weeks 1-4 (Phase I):

- Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening) 5x/day
- Begin postural exercises with rhomboid and trapezius contraction
- Neck range of motion to prevent cervical spine soreness
- May begin supine PROM for forward elevation and external rotation, as well as passive upright internal rotation to back pocket
- Begin light deltoid isometrics with elbow at the side during week 5.
- Remove sling for home exercises and bathing only. May d/c sling at 5wks.

Weeks 5-12 (Phase II):

- □PROM → AAROM → AROM at tolerated, except....
- Work on deltoid proprioception exercises. Reading Protocol for deltoid strengthening.
- □No active IR / backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 6 weeks for it to grown back down into the humerus and regenerate a blood and nerve supply.
- □No resisted internal rotation / backward extension until 12 weeks post-op
- □Grip strengthening OK
- □Heat before PT, and ice after PT
- □Goals: increase ROM as tolerated to 140deg FF / 40deg ER. No manipulation
- □Begin light resisted ER / FF/ ABD isometrics and bands, concentric motions only
- □No scapular retractions with bands yet

Months 3-12 (Phase III):

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