

**Reverse Total Shoulder Arthroplasty Protocol**

Name \_\_\_\_\_ Today's Date \_\_\_\_\_

Diagnosis \_\_\_\_\_ Surgery Date \_\_\_\_\_

Frequency: 1 2 3 4 5 times/week      Duration: 1 2 3 4 5 6 weeks      Side: R / L

- Evaluate only                       Provide home exercise program (HEP)
- Evaluate and Treat

**PHASE 1:** Weeks 0-4:

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

**PHASE 2:** Week 4-12:

- PROM → AAROM → AROM at tolerated, EXCEPT:
  - ER limit 30° for until 6 weeks post-op
  - Avoid active IR / backwards extension for 6 weeks to allow subscapularis to heal
- ROM Goals (12 weeks): 120° forward elevation, 45° ER. Avoid Manipulations.
- Begin light resisted ER, forward elevation, abduction isometrics and bands, concentric motions only
- No scapular retractions with bands yet
- No resisted IR / backward extension until 12 weeks post-op
- Elbow strengthening can begin at week 8 – light weights (1-5 lbs); 8-12 reps/2-3 sets
- Grip strengthening OK now
- Heat before PT, Ice after

**PHASE 3:** Months 3-12:

- Begin resisted IR/Backwards Extension (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 full with passive stretching at end ranges
- Begin eccentric motions, plyometrics, and closed chain exercises and advance as tolerated

Comments:

Modalities: \_\_\_ Per therapist \_\_\_ Electrical Stimulation \_\_\_ Ultrasound \_\_\_ Heat before/after \_\_\_ Ice before/after  
\_\_\_ Aquatherapy \_\_\_ Massage \_\_\_ Trigger points \_\_\_ ART (Active release techniques) Other \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_