

Reverse Total Shoulder Arthroplasty

Name _____ DOS _____

Dr. _____ DX: _____

● = Do exercise for that week/month **Week**

Phase I – Maximal Protection/ Passive Range of Motion (PROM)		1	2	3	4	5	6	7	8	9	10	13	17	21	25	
PROM Restrictions FE: _____ ER: _____ IR: _____ ABD: _____	Date															
	Scapular Retraction-Depression	●	●	●	●	●	●									
	Cervical ROM Exercises	●	●	●	●	●	●									
	Elbow/Hand/Wrist ROM	●	●	●	●	●	●									
	Pendulums	●	●	●	●	●	●									
	Aqua Therapy for Gentle AAROM			●	●	●	●									
	Ankle Pumps to prevent DVT's	●	●	●	●	●	●									
	Passive ROM															
	External Rotation	●	●	●	●	●	●									
	Forward Elevation & Scaption	●	●	●	●	●	●									
Abduction	●	●	●	●	●	●										
Begin AROM: 3 weeks	Internal Rotation to Belt Line	●	●	●	●	●	●									
	Internal Rotation	●	●	●	●	●	●									
Sling 3 weeks	Internal Rotation to Belt Line	●	●	●	●	●	●									
	Internal Rotation	●	●	●	●	●	●									
Phase II-Minimal Protection/Active Range of Motion (AROM)		1	2	3	4	5	6	7	8	9	10	13	17	21	25	
T.E.D. Hose 2 weeks to prevent D	Active Assist ROM															
	Internal & External Rotation			●	●	●										
	Forward Elevation & Scaption			●	●	●										
Isometrics-Light																
Time Lines Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)	Deltoid	●	●	●	●	●	●	●								
	Biceps/Triceps	●	●	●	●	●	●	●								
	Active ROM															
	Slideboard Abduction	●	●	●	●	●	●	●								
	Standing Abduction to 45°			●	●	●	●	●								
	Sidelying Abduction				●	●	●	●								
	Standing Abduction to 90°					●	●	●								
	Prone Horizontal Abduction with ER				●	●	●	●								
	Prone Lower Traps to 60		●	●	●	●	●	●								
	Prone Extensions with ER		●	●	●	●	●	●								
Precautions 1. Avoid combined Externally Rotated and Abducted Positions X 12 wks. 2. Avoid combined motions of Extension, Adduction, and Internal rotation (IE reaching behind back) for 12 w	Slideboard Abduction	●	●	●	●	●	●	●								
	Low Load Prolonged Stretches															
	Door Jam Series	●	●	●	●	●	●	●								
	Towel Internal Rotation	●	●	●	●	●	●	●								
	Cross Arm Stretch				●	●	●	●								
	Sleeper Stretch				●	●	●	●								
	TV Watching Stretch		●	●	●	●	●	●								
	90/90 External Rotation Stretch															
	Activities of Daily Living (ADL's)		1	2	3	4	5	6	7	8	9	10	13	17	21	25
	Eating/Drinking (Elbow motion ok)						●									
Dressing						●										
Washing/Showering						●										
Computer with supported arm		●	●	●	●	●										
Driving		●	●	●	●	●	●	●								
Lifting up to 5 lbs.			●	●	●	●	●	●								
Overhead Activity							●	●	●	●	●	●	●			
Lifting greater than 5 lbs.							●	●	●	●	●	●	●			

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues. Contact the staff at HHSMC for assistance in progressing as needed.

Phase III: Initial Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation					•	•	•	•	•	•	•	•	•	•
Internal Rotation					•	•	•	•	•	•	•	•	•	•
Punches with a plus					•	•	•	•	•	•	•	•	•	•
Sport Cord Rows					•	•	•	•	•	•	•	•	•	•
Abduction with weight					•	•	•	•	•	•	•	•	•	•
Lower Traps					•	•	•	•	•	•	•			
Bicep Curls							•	•	•	•	•	•	•	•
Triceps Extensions					•	•	•	•	•	•	•	•	•	•
														•
Phase IV: Advanced Resistance Strengthening & Proprioception	1	2	3	4	5	6	7	8	9	10	13	17	21	25
External Rotation at 45°						•	•	•	•	•	•	•	•	•
External Rotation at 90°						•	•	•	•	•	•	•	•	•
Bear Hugs						•	•	•	•	•	•	•	•	•
Supraspinatus Exercise							•	•	•	•	•	•	•	•
Advanced Push-up Plus														
Advanced Closed Chain Stability														
PNF with Resistance									•	•	•	•	•	•
Decelerations														
Plyometric External Rotation														
Phase IV: Weight Lifting in Gym and Return to Sports	1	2	3	4	5	6	7	8	9	10	13	17	21	25
CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS														
Throwing Progression						•	•	•	•	•	•	•	•	•
Skiing						•	•	•	•	•	•	•	•	•
Overhead and Serving Sports (tennis, volleyball)							•	•	•	•	•	•	•	•
Contact Sports (football, hockey, lacrosse)							•	•	•	•	•	•	•	•
Swimming							•	•	•	•	•	•	•	•



Therapist: _____