



## **REHABILITATION PROTOCOL**

### **Reverse Total Shoulder Arthroplasty**

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#### **Phase I: Acute Post-op Phase (0 to 5 Weeks)**

Goals: reduce acute post-op pain and inflammation; reduce effects of immobilization; protect the arthroplasty

- UltraSling at all times including sleeping except during therapy/exercises and bathing
- Pendulum exercises multiple times a day with a completely dead arm; elbow, wrist, hand ROM
- Begin PROM exercises for the shoulder; may do AAROM at post-op week 3-4, but no AROM exercises in Phase I
  - Forward flexion and scaption to 130°
  - Begin ER stretching in neutral position first and then progress to 30° in 30° ABD
  - No IR stretching in Phase I
- Begin AAROM exercises post-op week 3-4
- Can begin periscapular submaximal isometric exercises with arm in neutral position
- Can begin submaximal isometrics at 2-3 weeks post-op; avoid shoulder extension past patient's body with these exercises

#### **Phase II: Intermediate Post-op Phase (6 to 12 Weeks)**

Goals: progress/maintain PROM in shoulder; gradual restoration to near full AROM of shoulder; control pain and inflammation; increase functional activities and ADLs

- Discontinue use of UltraSling
- Progress in PROM and AAROM exercises
- Begin AROM exercises to restore near full ROM; focus on proper mechanics
  - May begin IR stretching and ROM exercises
  - No weights until near full ROM has been restored
- Continue scapular strengthening exercises with arm in neutral
- Continue/progress in submaximal isometrics with good glenohumeral mechanics
- Begin gentle PNF and rhythmic stabilization exercises
- Can begin light isotonic resistance exercises at post-op week 8-10
- Begin functional activity and ADL exercise program with light objects
- Begin gentle open and closed kinetic chain exercises at post-op week 10

### **Phase III: Strengthening Phase (12 to 18 Weeks)**

Goals: maintain full, nonpainful motion in the shoulder; progress in strength of the shoulder; progress in functional activities and ADLs

- Progress/maintain full, nonpainful PROM and AROM of the shoulder addressing limitations as needed
- Continue all strengthening exercises including: scapular stabilizers, rotator cuff resistance and light weights, open/closed kinetic chain exercises
- Continue PNF and rhythmic stabilization exercises
- Progress in functional activity and ADL exercise program
- Begin endurance program at post-op weeks 16-18

### **Phase IV: Advanced Strengthening/Home Program Phase (18+ Weeks)**

Goals: maintain full, nonpainful ROM; continue to progress in shoulder strength and functional activities; patient demonstrates and understands ability and understanding of home exercise program

- Maintain full, nonpainful ROM of the shoulder
- Continue to advance all strengthening exercises and show control in shoulder musculature and motion
- Continue progression in endurance program
- All motions and exercises with protection of arthroplasty and good mechanics
- Return to patient's normal ADLs and activity level
- Patient continue to complete exercises on their own upon discharge from therapy