



**Protocol Reverse Total Shoulder Arthroplasty  
Dr. Chad Holien**

**General Considerations:** Sling or Immobilizer x 6 weeks. Encourage icing. Monitor for signs of infection.

**Dislocation Precautions:** Avoid shoulder extension and/or combined shoulder adduction and internal rotation x 12 weeks. **Pre-Operative HEP** (for maximizing strength and motion) may be given per patient request and need.

**Stability and Mobility** of the shoulder joint is now dependent on the Deltoid and Periscapular Musculature. **Delay protocol start by 3-4 weeks** for revision or poor bone stock or decreased integrity of the repair per surgeon.

<b>Time Frame</b>	<b>Treatment</b>	<b>Goals</b>
<b>Post-Op Day 1-4</b>	<p><b>NO</b> shoulder <b>AROM</b>, <b>AVOID</b> shoulder extension. While lying supine, elbow and shoulder should be supported by pillow or towel roll. Begin periscapular sub-maximal pain free isometrics in the scapular plane. No internal Rotation Range of motion Scaption to 90 degrees. External Rotation to 20-30 degrees</p>	<p>Promote optimal healing of tissue. Mobilize Patient</p>
<b>Phase I</b> 5 Days to 3 Weeks Post-Surgery	<p>Progress External Rotation (to 45 degrees) and Abduction with PROM to AAROM per patient tolerance. Continue the progression of Flexion to patient tolerance. Start UBE, continue exercises as above. Submaximal pain free deltoid isometrics in a scapular plane.</p>	<p>1/5 Strength Progressing patient ROM</p>
<b>Phase II</b> 3-6 Weeks Post Surgery	<p>Continue to progress PROM toward 120 Flexion and External Rotation to tolerance. Deltoid strengthening with gravity eliminated, progress to gravity resisted and light resistance exercises EXCEPT Internal Rotation. See 1-2 x Weekly.</p>	<p>120 degrees Flexion 2/5 Strength</p>

<b>Phase III</b> 6-12 Weeks Post Surgery	Deltoid Strengthening with gravity resisted. Begin Internal Rotation strengthening. Start progressive exercise program of shoulder, AAROM to AROM to Strengthening with PRE's until functional goals are met. See 3 x weekly.	Maximize ROM Progress ER toward 90 degrees. 4/5 Strength.
<b>Phase IV</b> 12-24 Weeks Post Surgery	Sport specific activities. Advanced Strengthening	Return to Play per MD orders.