

Reverse Total Shoulder Arthroplasty Protocol

Dr. Erickson

Time Frame	Treatment	Goals
Phase I (Surgery to 4 weeks after surgery)	<ul style="list-style-type: none"> • Wear sling while sleeping and out in public for 6 weeks • Suggested Exercises: <ul style="list-style-type: none"> ○ Elbow, wrist, and neck active ROM ○ Passive and active assistive range of motion for shoulder flexion and abduction to patient tolerance, progressing towards active motion ○ Codman's exercises ○ Isometrics for flexion, abduction, extension and external rotation 	<ul style="list-style-type: none"> • Reduce pain and swelling • Maintain AROM of elbow, wrist and neck • Progress to Phase II 4 weeks after surgery
Phase II (4 – 8 weeks after surgery)	<ul style="list-style-type: none"> • Wean out of sling by week 6 • Suggested Exercises: <ul style="list-style-type: none"> ○ Passive and active assistive ROM in all planes ○ Pain free, progressive, low resistance shoulder isotonic. Begin Jackins exercises for deltoid strengthening ○ Scapular strengthening with arm in neutral ○ Scapular active ROM 	<ul style="list-style-type: none"> • Controlled restoration of passive and active assistive range of motion. • Progress to Phase III 8 weeks after surgery
Phase III (8-12 weeks after surgery)	<ul style="list-style-type: none"> • Precaution: External rotation limited to 60 degrees • Suggested Exercises: <ul style="list-style-type: none"> ○ Shoulder internal rotation ○ Deltoid strengthening-progression of the Jankins' exercises ○ Range of motion and strengthening in all planes 	<ul style="list-style-type: none"> • Functional active ROM in all planes • Return to normal/functional strength