
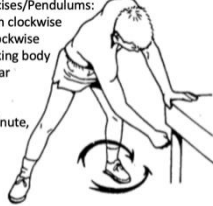



REVERSE TOTAL SHOULDER ARTHROPLASTY
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
Please contact office for renewal as needed

Weeks 0-2	<p>Wrist flexion and extension:</p>  <p>Gently bend your wrist back and forth.</p> <p>Codman's Exercises/Pendulums: Let arm move in clockwise and counter-clockwise motion, by rocking body weight in circular motion. Do this for 1 minute, 3x/day.</p>  <p>Elbow flexion and extension:</p>  <p>With palm either up or thumb down, gently bend the elbow as far as possible, then straighten out as far as possible</p> <ul style="list-style-type: none"> • 3 home exercises provided above: perform each exercise for 1-2 minutes, 3-4x/day • Patient to remain in sling at all times except for personal hygiene and exercises above • Avoid at-risk positions (pushing up from seated position, extension and external rotation)
Weeks 2-6	<ul style="list-style-type: none"> • Transition out of the sling with a focus on range of motion • Begin PROM and progress to AROM as tolerated without restrictions <ul style="list-style-type: none"> • Goal of passive 90° FF / 20° ER by 6 weeks post op • No lifting/resistance more than 1-2 pounds • Begin light resisted ER / FF / ABD isometrics and bands, concentric motions only
Weeks 6-12	<ul style="list-style-type: none"> • Increase active ROM as tolerated – ok for AAROM stretching above 90 degrees • May progress to 5-10 pound weight bearing/resistance • Focus on achieving full ROM
Months 3-12	<ul style="list-style-type: none"> • Begin resisted IR/BE (isometrics/bands); isometric → light bands → weights • Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers • Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks • Advance to 10-15 pounds weight bearing/resistance