
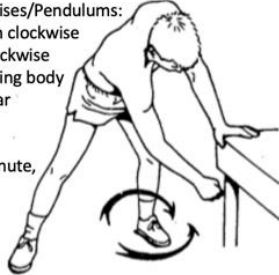



REVERSE TOTAL SHOULDER ARTHROPLASTY (FRACTURE)
PHYSICAL THERAPY PROTOCOL

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

<p>Weeks 0-4</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p>Wrist flexion and extension:</p>  <p>Gently bend your wrist back and forth.</p> </div> <div style="width: 30%;"> <p>Codman's Exercises/Pendulums: Let arm move in clockwise and counter-clockwise motion, by rocking body weight in circular motion.</p>  <p>Do this for 1 minute, 3x/day.</p> </div> <div style="width: 30%;"> <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> </div> </div> <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 for 4 weeks except for exercises and personal hygiene • Avoid at-risk positions (pushing from seated position, external rotation and extension)
<p>Weeks 4-12</p>	<ul style="list-style-type: none"> • Transition out of sling with a focus on ROM • Begin PROM and progress to AROM as tolerated without restrictions. Advance slowly and stop advancement with pain. • No lifting/resistance more than 1-2 pounds • Begin light resisted ER / FF / ABD isometrics and bands, concentric motions only • No scapular retractions with bands • Grip strengthening OK
<p>Months 3-6</p>	<ul style="list-style-type: none"> • Increase active ROM as tolerated – focus on achieving full active/passive range of motion • May gradually progress strengthening / resistance as tolerated up to 10-15 pounds weight bearing/resistance