



REVERSE TOTAL SHOULDER ARTHROPLASTY POST-OP PROTOCOL

Craig L. Vosburgh, MD
Tallgrass Orthopedics & Sports Medicine
TALLGRASSORTHOPEDICS.COM

Patient Name:
Date of Surgery:

The following protocol is to be used as a guide. The therapist will also use clinical experience and judgment to help guide the patient through recovery, consulting the referring physician when necessary.

WEEKS 1-2

ROM Limits: FF-150, Ext Rot-40, Abduction-75, Int Rot-Abdomen

Progress PROM as tolerated

Initiated joint mobilization as tolerated

Continue with discharge HEP

 Pendulum exercises

 Shoulder shrugs

 Active ROM about the elbow/forearm/wrist/hand

Modalities to decrease pain and swelling

Initiate AAROM shoulder flexion and abduction with pulleys

Shoulder Isometrics

Patient Instructions:

 No lifting more than cup, phone or magazine

 While in bed, place pillow or blanket under elbow reduce
 shoulder extension

 Keep incision dry and clean

 No quick, sudden moves.

 Sling to be used for comfort

WEEKS 3-4

ROM Limits: As tolerated
Wean from sling
Initiate table slides and UBE (forward/reverse)
Continue with modalities to reduce pain and swelling
Initiate isometric scapular proprioceptive exercises
Initiate light biceps/triceps strengthening

WEEKS 6-8

Progress ROM as tolerated
Progress with UBE
Continue with pulley exercises
Progress resistive exercise: wall push-up plus, Body Blade....

WEEKS 8+

Progress to full ROM in all planes (equal to contralateral side)
Initiate Theraband IR/ER
Progressive resistive exercise
Limit lifting to 5 lbs with outstretched arm
No sudden lifting or pushing activities.

WEEK 12+

Advanced strengthening phase