

## **Rehabilitation Protocol: Reverse Total Shoulder Replacement**

Precautions: Should be implemented for the first 8-12 weeks following surgery

- No shoulder motion behind back (back pocket motion)
- No excessive shoulder horizontal abduction
- No active external rotation behind head or neck
- No shoulder extension beyond the body

### **Phase 1: Immediate protected motion phase - Week 0-4**

#### Goals:

Allow early healing of capsule  
Restore passive range of motion  
Decrease shoulder pain  
Retard muscular atrophy  
Patient education

#### **Weeks 0-2**

##### **Exercises:**

- Sling during day and at night for 2-3 weeks. After 2-3 weeks should wear when in crowded areas and as needed up to 6 weeks.
  - Gentle passive motion as tolerated mostly in forward plane
  - Pendulum Exercises
  - No active shoulder motion
  - Elbow/Wrist AROM
  - Gripping Exercises
  - Cryotherapy for pain
- \* When laying supine use pillow under arm to support glenohumeral joint*

#### **Weeks 3-4**

- Continue sling on as needed base
- Continue Pendulum exercises
- Continue PROM / Progress to Gentle Active Assisted: Forward Flexion / Abduction to 90 degrees, IR to belly, ER to approximately 20-30 degrees (Please refer to operative report)
- No pulley until week 6
- Continue use of ice

### **Phase 2: Week 5-6**

#### **Exercises:**

- May Start AROM (in all planes except internal rotation)
  - Flexion up to 90-115 degrees
  - ER/IR at 45 degrees abduction scapular plane
  - IR

- **Do not aggressively push ROM into ER**
- May start rope and pulley at week 6
- Pendulum exercises
- May start gentle easy isometric exercises
  - ER/IR
  - Rhythmic stabilization
  - Initiate deltoid flexion/ext
- Ice as needed
- Subscapularis precautions: No active internal rotation at any position
- Avoid position of arm extension

**\* No deep tissue massage \***

### **Phase 3: Week 7-12**

- Should discontinue sling if still using.
  - Continue above
  - Progress to full AROM/AAROM/PROM in all planes (perform PROM supine to enhance relaxation, not aggressive)
  - Progress to active assisted ROM in the supine position, with exception of internal rotation
  - Gradual progress of exercises in supine to vertical position
  - Gradual progression of forward elevation to full passively within pt tolerance
  - Include wand exercises
  - Begin active internal rotation
  - Begin PRE's within patient tolerance, except subscapularis
  - Isotonic exercises beginning without weight, progressing within patient tolerance to PRE's, starting 2-4 oz. and increasing incrementally as tolerated
  - Topical massage prn
- \* No strengthening of subscapularis until 10-12 weeks post-surgery \***

### **Phase 5: Week 12-24**

- Return to full functional activities.
- Long term it is recommended to avoid most athletic type activities and other strenuous use of the shoulder.

**\*\*Lifetime lifting restriction of no more than 25 lbs. including no overhead lifting\*\***