



# Reverse Total Shoulder Arthroplasty

Name \_\_\_\_\_ DOS: \_\_\_\_\_

Dr. Ben Petre \_\_\_\_\_ DX: \_\_\_\_\_

● = Do exercise for that week/month

**Week**

	Phase I – Maximal Protection/ Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
<b>PROM Restrictions</b> FE: as tolerated ER: 30 x 3 weeks IR: as tolerated ABD: as tolerated	<b>Date</b>															
	Scapular Retraction-Depression	●	●	●	●	●	●									
	Cervical ROM Exercises	●	●	●	●	●	●									
	Elbow/Hand/Wrist ROM	●	●	●	●	●	●									
	Pendulums	●	●	●	●	●	●									
	Aqua Therapy for Gentle AAROM			●	●	●	●									
	Ankle Pumps to prevent DVT's	●	●	●	●	●	●									
	<b>Passive ROM</b>															
	External Rotation	●	●	●	●	●	●									
	Forward Elevation & Scaption	●	●	●	●	●	●									
Abduction	●	●	●	●	●	●										
Internal Rotation to Belt Line	●	●	●	●	●	●										
Internal Rotation	●	●	●	●	●	●										
<b>Begin AROM:</b> 4 weeks  <b>Sling</b> 4 weeks  <b>T.E.D. Hose</b> 2 weeks to prevent DVT  <b>Time Lines</b> Week 1 (POD 1-7) Week 2 (POD 8-14) Week 3 (POD 15-21) Week 4 (POD 22-28)  <b>Precautions</b> 1. Avoid combined Externally Rotated and Abducted positions x 12 wks.  2. Avoid combined motions of Extension, Adduction, and Internal Rotation (i.e. reaching behind back) x 12 wks	<b>Phase II-Minimal Protection/Active Range of Motion (AROM)</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
	<b>Active Assist ROM</b>															
	Internal & External Rotation				●	●										
	Forward Elevation & Scaption				●	●										
	<b>Isometrics-Light</b>															
	Deltoid	●	●	●	●	●	●	●	●							
	Biceps/Triceps	●	●	●	●	●	●	●	●							
	<b>Active ROM</b>															
	Slideboard Abduction					●	●	●	●							
	Standing Abduction to 45°					●	●	●	●							
Sidelying Abduction					●	●	●	●								
Standing Abduction to 90°					●	●	●	●								
Prone Horizontal Abduction w/ER					●	●	●	●								
Prone Lower Traps to 60					●	●	●	●								
Prone Extensions with ER					●	●	●	●								
<b>Low Load Prolonged Stretches</b>																
Door Jam Series								●	●	●	●	●	●	●	●	
Towel Internal Rotation												●	●	●	●	
Cross Arm Stretch								●	●	●	●	●	●	●	●	
Sleeper Stretch								●	●	●	●	●	●	●	●	
TV Watching Stretch												●	●	●	●	
90/90 External Rotation Stretch												●	●	●	●	
<b>Activities of Daily Living (ADL's)</b>																
Eating/Drinking (Elbow motion OK)							●									
Dressing							●									
Washing/Showering							●									
Computer with supported arm		●	●	●	●	●										
Driving		●	●	●	●	●	●	●	●							
Lifting up to 5 lbs.					●	●	●	●	●							
Overhead Activity							●	●	●	●	●	●	●	●	●	
Lifting greater than 5 lbs.							●	●	●	●	●	●	●	●	●	

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate. It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues.

<b>Phase III: Initial Resistance Strengthening &amp; Proprioception</b>															
	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
External Rotation							•	•	•	•	•	•	•	•	
Internal Rotation							•	•	•	•	•	•	•	•	
Punches with a plus							•	•	•	•	•	•	•	•	
Sport Cord Rows							•	•	•	•	•	•	•	•	
Lat Pulldowns							•	•	•	•	•	•	•	•	
Bicep Curls							•	•	•	•	•	•	•	•	
Triceps Extensions							•	•	•	•	•	•	•	•	
Abduction with weight							•	•	•	•	•	•	•	•	
<b>Phase IV: Advanced Resistance Strengthening &amp; Proprioception</b>															
	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
External Rotation at 45°									•	•	•	•	•	•	
External Rotation at 90°											•	•	•	•	
Bear Hugs									•	•	•	•	•	•	
Push-ups Plus Progression									•	•	•	•	•	•	
Advanced Closed Chain Stability									•	•	•	•	•	•	
PNF with Resistance									•	•	•	•	•	•	
<b>Phase IV: Return to Activity</b>															
	1	2	3	4	5	6	7	8	9	10	13	17	21	25	
<b>CRITERIA: FULL PAINFREE ACTIVE RANGE OF MOTION WITH PROPER SCAPULOTHORACIC MECHANICS PRECAUTIONS: NO LIFTING HEAVIER THAN 15 LBS, NO CONTACT SPORTS, NO WEIGHT LIFTING</b>															
Recreational Hobbies											•	•	•	•	
Jogging											•	•	•	•	
Hiking											•	•	•	•	
Skiing												•	•	•	
Golf												•	•	•	
Swimming												•	•	•	

These protocols were originally developed by The Steadman Clinic and Howard Head Sports Medicine in Vail, CO  
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