

# Reverse Total Shoulder Arthroplasty

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

Dr. Alexander Strassman, DO DX: \_\_\_\_\_

● = Do exercise for that week/training

**Week**

	Protection/ (PROM)	Week														
		1	2	3	4	5	6	7	8	9	10	13	17	21	25	
<b>PROM Restrictions</b>	<b>Date</b>															
	Scapular Retraction-Depression	●	●	●	●	●	●									
	FE: Cervical ROM Exercises	●	●	●	●	●	●									
	ER: Elbow/Hand/Wrist ROM	●	●	●	●	●	●									
	IR: Pendulums	●	●	●	●	●	●									
	ABD: AAROM			●	●	●	●									
	Ankle Pumps to prevent DVT's	●	●	●	●	●	●									
	<b>Passive ROM</b>															
	Begin AROM: External Rotation	●	●	●	●	●	●									
	3 weeks Forward Elevation & Scaption	●	●	●	●	●	●									
<b>Sling</b>	Abduction	●	●	●	●	●	●									
	3 weeks Internal Rotation to Belt Line	●	●	●	●	●	●									
	Internal Rotation	●	●	●	●	●	●									
<b>T.E.D. Hose</b>	<b>Phase II-Minimal Protection/Active Range of Motion (AROM)</b>															
	<b>Active Assist ROM</b>															
	Internal & External Rotation			●	●	●										
	Forward Elevation & Scaption			●	●	●										
	<b>Isometrics-Light</b>															
	Deltoid	●	●	●	●	●	●	●	●							
	Biceps/Triceps	●	●	●	●	●	●	●	●							
	<b>Active ROM</b>															
	Week 1 (POD 1-7) Slideboard Abduction	●	●	●	●	●	●	●	●							
	Week 2 (POD 8-14) Standing Abduction to 45°			●	●	●	●	●	●							
Week 3 (POD 15-21) Sidelying Abduction				●	●	●	●	●								
Week 4 (POD 22-28) Standing Abduction to 90°					●	●	●	●								
<b>Time Lines</b>	with ER				●	●	●	●	●							
	Prone Lower Traps to 60		●	●	●	●	●	●	●							
	Prone Extensions with ER		●	●	●	●	●	●	●							
	Slideboard Abduction	●	●	●	●	●	●	●	●							
	<b>Stretches</b>															
	Door Jam Series	●	●	●	●	●	●	●	●							
	Towel Internal Rotation	●	●	●	●	●	●	●	●							
	Cross Arm Stretch				●	●	●	●	●							
	Sleeper Stretch					●	●	●	●							
	TV Watching Stretch		●	●	●	●	●	●	●							
<b>Precautions</b>	90/90 External Rotation Stretch															
	<b>(ADL's)</b>															
	Washing/brushing (back 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. Contact the staff at HHSMC for assistance in progressing as needed.

<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					•	•	•	•	•	•	•	•	•	•
Abduction with weight					•	•	•	•	•	•	•	•	•	•
Lower Traps					•	•	•	•	•	•	•			
Bicep Curls							•	•	•	•	•	•	•	•
Triceps Extensions					•	•	•	•	•	•	•	•	•	•
														•
<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						•	•	•	•	•	•	•	•	•
Supraspinatus Exercise							•	•	•	•	•	•	•	•
Advanced Push-up Plus														
Stability														
PNF with Resistance									•	•	•	•	•	•
Decelerations														
Plyometric External Rotation														
<b>Phase IV: Weight Lifting in Gym and Return to Sports</b>	1	2	3	4	5	6	7	8	9	10	13	17	21	25
<b>CRITERIA: FULL PAINFREE MOTION AND FULL ROTATOR CUFF STRENGTH RESTORED NO LAT PULLS BEHIND BACK, OR WIDE GRIP BENCH PRESS</b>														
Throwing Progression						•	•	•	•	•	•	•	•	•
Skiing						•	•	•	•	•	•	•	•	•
Overhead and Serving Sports (tennis, volleyball)							•	•	•	•	•	•	•	•
Contact Sports (football, hockey, lacrosse)							•	•	•	•	•	•	•	•
Swimming							•	•	•	•	•	•	•	•



Therapist: \_\_\_\_\_