
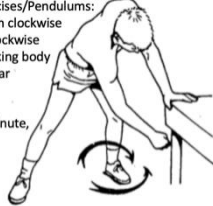



REVERSE TOTAL SHOULDER ARTHROPLASTY
PHYSICAL THERAPY PROTOCOL

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. 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 at all times except for personal hygiene and exercises above • Avoid at-risk positions (pushing up from seated position, extension and external rotation)
<p>Weeks 4-6</p>	<ul style="list-style-type: none"> • Ok to remove the sling during the day for light or stationary activities • Continue sling at night and outside the house • Continue light exercises from weeks 0-4 • Begin gentle PROM in physical therapy • Goal of passive 90° FF / 20° ER by 6 weeks post op
<p>Weeks 6-12</p>	<ul style="list-style-type: none"> • Discontinue use of the sling • PROM → AAROM → AROM as tolerated except: <ul style="list-style-type: none"> • Goals: increase ROM as tolerated to minimum 90° FF / 20° ER no manipulation • Begin light resisted ER / FF / ABD isometrics and bands, concentric motions only • No scapular retractions with bands • No resisted internal rotation / backward extension until 12 weeks post-op (risks dislocation)
<p>Months 3-12</p>	<ul style="list-style-type: none"> • Begin resisted IR/BE (isometrics/bands); isometric → light bands → weights • Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers • Increase ROM to full with passive stretching at end ranges • Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks