

Reverse Total Shoulder Replacement Protocol



Name: _____ Date: _____

Diagnosis: _____

Date of Surgery: _____ Frequency: _____ times per week | Duration: _____ weeks

Weeks 0-4:

- » Patient to do home exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
- » Remove splint for home exercises and bathing only

Weeks 4-12:

- » PROM → AAROM → AROM at tolerated
- » No resisted internal rotation / backward extension until 6 weeks post-op
- » Grip strengthening
- » Heat before PT, and ice after PT
- » Increase ROM as tolerated to 90° FF / 20° ER no manipulation
- » Begin light resisted ER / FF / ABD isometrics and bands, concentric motions only

Months 3-12:

- » Begin resisted IR/BE (isometrics / bands); isometric → light bands → weights
- » Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per exercise for rotator cuff, deltoid, and scapular stabilizers
- » Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks
- » At 6 months, return to full-duty work responsibilities and/or sports participation

Additional:

- Teach HEP
- Work Hardening/Work Conditioning
- Functional Capacity Evaluation

Modalities:

- Ice or cryotherapy before/after
- Heat before/after
- Electric Stimulation
- TENS
- Ultrasound
- Trigger points massage
- Dry needling
- Therapist's discretion

Signature: _____ Date: _____

