

## Protocol Reverse Total Shoulder Arthroplasty

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**General Considerations:** Sling or Immobilizer x 6 weeks. Encourage icing. Monitor for signs of infection.

**Dislocation Precautions:** Avoid shoulder extension and/or combined shoulder adduction and internal rotation x 12 weeks. **Pre-Operative HEP** (for maximizing strength and motion) may be given per patient request and need.

**Stability and Mobility** of the shoulder joint is now dependent on the Deltoid and Periscapular Musculature. **Delay protocol start by 3-4 weeks** for revision or poor bone stock or decreased integrity of the repair per surgeon.

Time Frame	Treatment	Goals
<b>Post-Op Day 1-4</b>	<p><b>NO</b> shoulder <b>AROM</b>, <b>AVOID</b> shoulder extension.</p> <p>While lying supine, elbow and shoulder should be supported by pillow or towel roll.</p> <p>Begin periscapular sub-maximal pain free isometrics in the scapular plane.</p> <p>No internal Rotation Range of motion</p> <p>Scaption to 90 degrees.</p> <p>External Rotation to 20-30 degrees</p>	<p>Promote optimal healing of tissue.</p> <p>Mobilize Patient</p>
<b>Phase I</b> 5 Days to 3 Weeks Post-Surgery	<p>Progress External Rotation (to 45 degrees) and Abduction with PROM to AAROM per patient tolerance.</p> <p>Continue the progression of Flexion to patient tolerance.</p> <p>Start UBE, continue exercises as above. Submaximal pain free deltoid isometrics in a scapular plane.</p>	<p>1/5 Strength</p> <p>Progressing patient ROM</p>
<b>Phase II</b> 3-6 Weeks Post Surgery	<p>Continue to progress PROM toward 120 Flexion and External Rotation to tolerance.</p> <p>Deltoid strengthening with gravity eliminated, progress to gravity resisted and light resistance exercises EXCEPT Internal Rotation. See 1-2 x Weekly.</p>	<p>120 degrees Flexion</p> <p>2/5 Strength</p>
<b>Phase III</b> 6-12 Weeks Post Surgery	<p>Deltoid Strengthening with gravity resisted.</p> <p>Begin Internal Rotation strengthening.</p> <p>Start progressive exercise program of shoulder, AAROM to AROM to Strengthening with PRE's until functional goals are met. See 3 x weekly.</p>	<p>Maximize ROM Progress ER toward 90 degrees.</p> <p>4/5 Strength.</p>
<b>Phase IV</b> 12-24 Weeks Post Surgery	<p>Sport specific activities.</p> <p>Advanced Strengthening</p>	<p>Return to Play per MD orders.</p>

