



## POST OP Reverse Total Shoulder

### Phase I (Weeks 0-4)

- Sling immobilization for first 6 weeks--out of sling to do home exercise program (pendulums) twice daily
- Therapeutic Exercise
  - o Grip Strengthening
  - o Full ROM of Elbow/Wrist/Hand
  - o Teach Home Exercises -- Pendulums
  - o PROM in the plane of the scapula ONLY; External rotation to only 5°
- Heat/Ice before and after PT sessions

### Phase II (Weeks 4-12)

- Discontinue sling
- Range of Motion – PROM -->AAROM -->AROM - increase as tolerated
  - o Begin Active Internal Rotation with arm Abducted to 90° and Backward Extension as tolerated (NO INTERNAL ROTATION BEHIND THE BACK)
  - o Goals: >90° Forward Flexion and 30° External Rotation
- Therapeutic Exercise
  - o Begin light resisted exercises for Forward Flexion, External Rotation and Abduction – isometrics and bands – Concentric Motions Only
  - o No Resisted Internal Rotation, Backward Extension or Scapular Retraction
- Modalities as needed

### Phase III (Months 3-12)

- Range of Motion – Progress to full AROM without discomfort – gentle passive stretching at end range
- Therapeutic Exercise
  - o Begin resisted Internal Rotation and Backward Extension exercises
  - o Advance strengthening as tolerated – Rotator Cuff, Deltoid and Scapular Stabilizers
  - o Begin eccentric motions, plyometrics and closed chain exercises
  - o Gentle strengthening may begin Max Lift 1-3lbs
- Modalities as needed

Frequency:  1x/wk  2x/wk  3x/wk.  4x/wk.  5x/wk.

Duration:  1 week  2 weeks  3 weeks  4 weeks  5 weeks  6 weeks