

Dr. Franky Davis
Sterling Center Orthopedics and Sports Medicine
Physical Therapy
Reverse Total Shoulder Arthroplasty
Post Operative Protocol

Phase I – Maximum Protection (Week 0 to 6):

Week 0 to 6:

- › Sling x 6 weeks
- › Ice and modalities to reduce pain and inflammation
- › Begin active wrist and elbow range of motion
- › Begin active shoulder retraction
- › Begin passive range of motion (Gradual Progression) x 6 weeks

Flexion: 0-90 (0-2 weeks)
 0-120 (2-4 weeks)
 Gradual progression to full flexion after week 4

External rotation: 0 degrees at 0 degrees abduction (0-2 weeks)
 gradual return to full external rotation after week 2.

Internal Rotation: No internal rotation for 6 weeks.

- › Shoulder pulleys – flexion per motion restriction; abduction after week 2 to 90 degrees

Phase II – Progressive Stretching and Active Motion (Weeks 6 to 10):

- › Maintain program as outlined in phase I
- › Continue with gradual return of motion all planes. Light internal rotation stretching
- › Begin active range of motion
- › Wand flexion and abduction
- › Scapular strengthening
- › Biceps and triceps strengthening
- › Proprioception drills emphasizing neuromuscular control

Phase III – Strengthening Phase (Weeks 10 to 16)

- › Resisted rotator cuff and scapular stabilization program; isometrics progressing to TB and weights as tolerated
- › Proprioception and neuromuscular control drills

Phase IV – Advanced Strengthening and Plyometric Drills (Week 16 to 24):

Weeks 12 to 16:

- › Continue with end range stretching
- › Continue with rotator cuff strengthening

- Begin gym strengthening as tolerated