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Hip, Knee, Shoulder & Sports Medicine Surgery

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**REVERSE TOTAL SHOULDER ARTHROPLASTY REHABILITATION PROTOCOL**

Phase	Restrictions	Therapeutic Exercises
Phase 1: Weeks 0-2 Goals: Reduce swelling and edema, minimize pain, retard muscle atrophy, protect the surgical repair, and avoid shoulder stiffness	-Simple sling for comfort at home during the day once the nerve block has worn off -Sleep in the sling until first post-op -Wear the sling when out and about until first post-op -No lifting greater than 5lbs -No strengthening	-Range of motion 0-90 degrees flexion and abduction, and external rotation 0-30 degrees -Unrestricted elbow, wrist, and hand range of motion and strengthening with the arm at the side -Wall slides, pendulums -Scapular Retraction -Cervical stretching and range of motion -Modalities PRN
Phase 2: Weeks 3-6 Goals: Progress range of motion, minimize pain, retard muscle atrophy, protect the repair, and begin neuromuscular control	-May wean from simple sling -No strengthening in external rotation -No lifting greater than 5lbs	-Progress to full range of motion in all planes -Rotator cuff isometric strengthening -Periscapular low rows, serratus punches -Light bicep curls, triceps motor control exercises -Rhythmic stabilization -Side lying horizontal adduction -UBE without resistance -Modalities PRN
Phase 3: Weeks 7-12 Goals: Full range of motion, minimal pain, begin muscular activation and strengthening, protect the repair	-No lifting greater than 10lbs -Full range of motion in all planes -Strengthening in all planes	-Progress rotator cuff strengthening as tolerated -Push-up plus, resistance bands, prone shoulder extensions, forward punches -UBE with resistance -PNF patterns with resistance bands, wall-slides with resistance
Phase 4: Weeks 13-18 Goals: Progression of functional activities, advanced sport and recreational activity per surgeon	-Clearance from MD and all milestones achieved by week 18 -No heavy weightlifting until 16 weeks Criteria for Discharge: -<10% strength deficit -Limb similarity index of 90% or greater -45/50 on biomechanical functional tests (if performed) -NO pain or complaints of instability	-Continue all strengthening exercises -Maintain full range of motion -External rotation strengthening -Periscapular T's & Y's -Progressive ball stabilization on the wall, and wall ball dribbles -Sports specific activity progressions as indicated