

## **REVERSE TOTAL SHOULDER ARTHROPLASTY**

### **PRE-OP PHASE – Instructions/Precautions, Long Term Goals**

Fitting of abduction sling and shower sling  
Instruction in AROM for peripheral joints (cervical, scapular squeezes, elbow, wrist and hand)  
Aquacel dressing is allowed to get wet, no soaking, no whirlpool or pool  
Primapore dressing is not allowed to get wet and can be changed each visit if saturated  
These patients are often older and de-conditioned with poor shoulder muscle function  
This surgery is indicated for a significant reduction in pain  
The patient is not expected to gain full ROM and/or strength  
PROM is always gentle, never forceful  
NO ER stretching and NO IR strengthening for 6 weeks to protect the subscapularis  
No pushing down/weight-bearing through UE as in getting up from a chair  
Typically, a one-night hospital stay  
Always respect patient's pain and soft tissue restraints  
Long term restrictions will be a #20 weight limit and no overhead work  
Long term goal is for significant pain reduction and for patient to be able to reach the top of their head

**NOTE:** *It is expected that when the therapist performs PROM and/or manual therapy of any sort, he or she will take into account the surgical procedure, post-op time frame, protocol, joint play/end feel and the patient's pain tolerance.*

### **GOALS: Week 1**

Joint Protection  
Pain Control  
Utilize operative extremity for feeding and drinking  
Independence with bed mobility and gait  
Restoration of peripheral AROM (wrist, elbow, hand, cervical, scapular squeezes)

### **Week 1**

**Brace:** Full Brace and use of Shower Sling

**Wound Care:** Check Dressing (change only if dressing is saturated)

#### **Exercises:**

Pendulum and/or ball clockwise, counterclockwise, flexion, and extension  
Continue with peripheral joint AROM  
PROM-Flexion up to 90 degrees or until pain

**Modalities:** Cryotherapy

**GOALS: Week 2**

Pain control

Independence with AROM (wrist, elbow, cervical, scapular squeezes and ball)

**Week 2**

**Brace:** As needed for pain control

**Wound Care:** Dressing can be removed by PT or MD

**Exercises:**

Continue with AROM for peripheral joints and pendulum and/or ball cw/ccw and flexion/extension. Start pain controlled AAROM (pulley, supine wand flexion, wall climbs)

UE weight shifting and sub-maximal isometrics (in neutral position-flexion, extension, abduction, adduction and ER)

NO IR isometrics/strengthening

Side lying scapular strengthening

Focus on proper scapulothoracic and deltoid mechanics

If patient demonstrates good mechanics with AAROM they may begin supine AROM in flexion

PROM-Flexion up to 90 degrees or until pain

**Modalities:** Cryotherapy

**GOALS: Week 3-6**

AROM-With proper scapulothoracic and deltoid mechanics

Pain free AROM flexion up to 100-120 degrees

Pain free AROM scaption up to 70-90 degrees

Pain free ER up to 20-30 degrees

Utilize UE for light ADL's including dressing and washing

Progress resistance as tolerated

**Week 3-6**

**Brace:** Discontinue use (based on Physician's discretion)

May be used for pain control and while sleeping for comfort

**Wound Care:** Wound closed, start gentle scar mobility

**Exercises:**

Continue with AAROM. AROM flexion is allowed with proper mechanics. Continue with isometrics

NO IR isometrics

Focus on proper scapulothoracic and deltoid mechanics

PROM Flexion 0-120 degrees, ER 0-20 degrees and scaption 0-70 degrees

**Modalities:** Cryotherapy

**GOALS: Week 6-12**

AROM-With proper scapulothoracic and deltoid mechanics

Pain free AROM flexion up to 100-120 degrees

Pain free AROM scaption up to 70-90 degrees

Pain free ER up to 20-30 degrees

Utilize UE for light ADL's including dressing and washing

Progress resistance as tolerated

## **Week 6-12**

### **Exercises:**

AROM flexion 0-120 degrees, scapation 0-90 degrees, side lying internal and External rotation bilateral horizontal abduction and extension (to neutral) against gravity  
UBE  
T-band rows and pull downs  
Wall pushups to neutral  
Lawnmowers to neutral then pull in scapula  
Sub-maximal IR isometrics  
Cryotherapy as needed  
PROM flexion 0 to 120-140 degrees, scapion 0 to 100-110 degrees and E 0 to 20-30 degrees

## **GOALS: Week 12-16**

Pain free AROM flexion up to 100-120 degrees  
Pain free AROM scaption up to 80-100 degree  
Pain free ER up to 30 degrees  
Utilize operative extremity for household duties

## **Week 12-16**

### **Exercises:**

Same as previous, add light resistance if demonstrating good deltoid and scapulothoracic rhythm  
T-band stabilization isometrics

## **Criteria for discharge**

Patient is able to perform pain free AROM w/ proper shoulder mechanics (Typically 80-120 degrees of Flexion w/ functional ER of 30 degrees)  
Able to complete light household and work activities  
Minimal to No pain with activity  
4-4+/5 deltoid strength  
Independence with HEP

**Disclaiming Note:** *The doctor's orders and the therapist's evaluation supersede any standing protocols.*