

TOTAL SHOULDER ARTHROPLASTY (Reverse) PROTOCOL– Dr. Duethman

Updated: August 2022

- A. 0-4 weeks post-op
 - 1. Sling with abduction pillow worn when up and busy and also to sleep
 - 2. Cryotherapy – frequent
 - 3. ROM restrictions
 - a. ER: Maximum 20° for 1st 4 weeks
 - b. Other motions are to tolerance
 - 4. Exercise
 - a. P-AAROM for glenohumeral joint
 - b. Pendulums and shrugs
 - c. AROM for elbow and distal joints
 - d. Sub-maximal, pain free isometrics (No IR)
 - e. No Active IR behind back for 1st 6 weeks
 - f. No extension beyond neutral with arm in adduction for 1st 6 weeks
- B. 4-12 weeks post-op
 - 1. Wean from sling
 - 2. ROM restrictions:
 - a. AAROM all planes
 - b. Gradually increase ER (Do Not Force)
 - 3. Exercise
 - a. Continue PROM work as needed
 - b. AA-AROM focused on quality movement
 - c. Light/progressive, comprehensive strength and stabilization work
 - d. No resisted IR and adduction work
- C. Greater than 12 weeks post-op
 - 1. AROM as tolerated all planes
 - 2. Begin resisted strengthening exercises, all planes
 - 3. Okay to return to normal daily activities