

REVERSE TOTAL SHOULDER REPLACEMENT

Post-Operative Physical Therapy Protocol



SCAN FOR THE
ONLINE VERSION



Stanford
MEDICINE

Accelerated protocol

Dear Colleague,

I appreciate your partnership in the rehabilitation of this very special patient of ours. I have instructed the patient that you will be using this protocol. My belief is that the biggest predictor of success is what the patient does at home and consistently. **They should view you not just as a therapist but as a highly educated and skilled teacher** and the patient *must* be an active participant in the rehab process.

To facilitate this, I have included a copy of the rehab protocols I would like the patient to focus on at each time point in the rehab process. Please assist me by encouraging and teaching our mutual patient their home exercises as well.

With your help and the active participation of our patient, I know we can have another fantastic shoulder.

Please do not hesitate to reach out directly to me and my team with any questions at any time.

Respectfully,



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	WEEKS 0-2: HOME EXERCISES	WEEKS 2-6: PROM → AROM	WEEKS 6-12	MONTHS 3-12
Forward elevation	Pendulums only	Goal 90°+ active <i>By 6 weeks</i>	Increase as tolerated <i>AAROM stretch above 90° OK</i>	Full ROM
External rotation	Pendulums only	Goal 20° <i>By 6 weeks</i>	Increase as tolerated	Full ROM
Weight / resistance	None	Max 1-2 lb	5-10 lb	Up to 10-15 lb

SUMMARY

Sling	Home exercises and bathing only for weeks 0 to 2. Transition out of the sling from week 2, with a focus on ROM.
Motion	PROM from week 2, progressing to AROM as tolerated without restrictions. Goal of 90°+ active forward elevation and 20° external rotation at 6 weeks. Focus on full ROM.
Strengthening	Light resisted ER, FF, and ABD isometrics and bands from week 2, concentric only. No scapular retractions with bands. Weight and resistance: 1 to 2 lb to 6 weeks, 5 to 10 lb to 12 weeks, up to 10 to 15 lb after 3 months.
Return to activities	Computer 4 weeks. Swimming at 4 to 6 months. Golf: chipping and putting at 4 months, full swing at 6 months. Tennis at 6 months; many patients do not return to tennis.

WEEKS 0–2

- Home exercises given after surgery: pendulums, elbow ROM, wrist ROM, grip strengthening.
- Remove the sling for home exercises and bathing only.

WEEKS 2–6

- Transition out of the sling with a focus on ROM.
- Begin PROM and progress to AROM as tolerated without restrictions.
- Goal of 90°+ active forward elevation and 20° external rotation at 6 weeks.
- **No lifting or resistance more than 1 to 2 lb.**
- Begin light resisted ER, FF, and ABD isometrics and bands, concentric motions only.
- **No scapular retractions with bands.**
- Grip strengthening OK.

WEEKS 6–12

- Increase active ROM as tolerated. AAROM stretching above 90° is OK.
- May progress to 5 to 10 lb weight bearing and resistance.
- Focus on achieving full ROM.

MONTHS 3–12

- Advance strengthening as tolerated, up to 10 to 15 lb weight bearing and resistance.
- Focus on achieving full ROM.

RETURN

- Computer at 4 weeks. Swimming at 4 to 6 months.
- Golf: chipping and putting at 4 months, full swing at 6 months. Tennis at 6 months; many patients do not return to tennis.
- Be mindful of bench press, military press, pull-downs behind the head, impact loading, and contact sports.

WEEK-BY-WEEK PROGRESSION

EXERCISE	1	2	3	4 (1 mo)	5	6	7	8 (2 mo)	9	10	12 (3 mo)	16	20	24 (6 mo)
Initial Exercises														
Pendulums														
Elbow and wrist ROM														
Grip strengthening														
Sling at all times														
Transition out of the sling														
Advanced Exercises														
PROM → AROM as tolerated														
Light resisted ER, FF, ABD isometrics and bands (concentric only)														
Resistance up to 1-2 lb														
AAROM stretching above 90°														
Resistance 5-10 lb														
Resistance up to 10-15 lb														
Return to Activities														
Computer														
Swimming														
Golf: chipping and putting														
Golf: full swing at 6 months														
Tennis at 6 months														

Home exercises only for the first 2 weeks. No scapular retractions with bands. Weight and resistance limits: 1 to 2 lb to week 6, 5 to 10 lb to week 12, up to 10 to 15 lb after that.

This protocol is a general guideline and does not replace the clinical judgment of the treating therapist and surgeon. Please contact our office with any questions.