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Reverse Shoulder Arthroplasty PT Protocol

X = Perform exercise

Week

	Early Therapy						Week							
	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Range of Motion (ROM)														
Pendulums	X	X	X	X	X	X								
Cervical, Elbow, Wrist, Finger ROM	X	X	X	X	X	X								
Ball Squeeze	X	X	X	X	X	X								
Scapular Retraction/Depression	X	X	X	X	X	X								
Ankle Pumps	X	X	X	X	X	X								
Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation	90°			120°			150			As tolerated				
External Rotation (Scapular Plane)	Neutral		20°				35°			50°		X	X	X
Internal Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
Active Assist Motion (AAROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation				X	X	X	X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)				X	X	X	X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)								X	X	X	X	X	X	X
Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation							X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)									X	X	X	X	X	X
Gentle Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation										X	X	X	X	X
External Rotation										X	X	X	X	X
Internal Rotation										X	X	X	X	X
Abduction										X	X	X	X	X
General Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Military Press (Diagonal Patterns)											X	X	X	X
Shoulder Girdle Strengthening											X	X	X	X
Core Strengthening											X	X	X	X
Sports	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Swimming													X	X
Overhead / Serving Sports														X



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Activities of Daily Living w/ Arm	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Eating/Drinking			X	X	X	X	X	X	X	X	X	X	X	X
Dressing			X	X	X	X	X	X	X	X	X	X	X	X
Showering			X	X	X	X	X	X	X	X	X	X	X	X
Driving			X	X	X	X	X	X	X	X	X	X	X	X
Overhead Activity										X	X	X	X	X
Computer use (waist level)	X	X	X	X	X	X	X	X	X	X	X	X	X	X