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### **Reverse Shoulder Arthroplasty PT Protocol**

X = Perform exercise

#### Week

# Range of Motion (ROM)

#### PROM:

- Starts at week 2 AAROM:
- Starts at week 4 AROM:
- Starts at week 7

#### Strengthening

- Starts at week 10

## Sling Use (while not in PT)

- Full-time: weeks
- 0-4 -When out-and-
- about: weeks 4-6
   Discontinue
  sling: after week 6

#### Goals

- Independent transfers/ADLs at 3 weeks
- PROM 90° FE by 6 weeks
- AROM FE 120° by 12 weeks
- Return to independent activity at 16 weeks

#### Subscapularis Repair

- Push back ER motion timeline by 2 weeks

X = Perform exercise							V	Veel	<b>(</b>					
Early Therapy	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Pendulums	Χ	Х	Χ	Х	Χ	Χ								
Cervical, Elbow, Wrist,	X	Х	Х	Х	Х	Х								
Finger ROM														
Ball Squeeze	Χ	Х	Χ	Χ	Х	Χ								
Scapular	Х	Х	Х	Х	Х	Х								
Retraction/Depression														
Ankle Pumps	X	X	Χ	Χ	Χ	Χ								
Passive Range of	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Motion (PROM)				_						. •				
Forward Elevation		90°	1		120°	'	150			As tolerated				
External Rotation	Neutral		20°				35°			5	0°	Х	Х	Х
(Scapular Plane)		1				1					· · · ·			
Internal Rotation							Х	Х	Х	Х	Х	Х	Х	Х
(Scapular Plane)														
Active Assist Motion	1	2	3	4	5	6	7	8	9	10	12	16	20	24
(AAROM)				V	V	V	V	\ \	V	V	V	V	V	V
Forward Elevation				X	X	X	X	X	X	X	Х	Х	Χ	Х
External Rotation (Scapular Plane)				^	^	^	^	^	^	^	Χ	Χ	Х	Χ
Internal Rotation								Х	Х	Х				
(Scapular Plane)								^	^	^	Х	Х	Х	Χ
Active Range of Motion														
(AROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation							Χ	Х	Χ	Χ	Χ	Χ	Χ	Χ
External Rotation							Χ	Χ	Χ	Χ	Х	Х	Х	Х
(Scapular Plane)											^	^	^	^
Internal Rotation									Х	Х	Х	Х	Х	Х
(Scapular Plane)														
Gentle Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation										Χ	Χ	Χ	Χ	Χ
External Rotation										Χ	Χ	Χ	Χ	Χ
Internal Rotation										Χ	Χ	Χ	Χ	Χ
Abduction										Χ	Χ	Χ	Χ	Χ
General Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Military Press (Diagonal											Х	Х	Х	Χ
Patterns)											^			
Shoulder Girdle											Х	Х	Х	Х
Strengthening	1	<u> </u>	ļ	ļ								<u> </u>	<u> </u>	<u> </u>
Core Strengthening		_									Χ	Χ	Χ	Χ
Sports	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Swimming	1	1	ļ	ļ									Χ	Х
Overhead / Serving														Х
Sports	1	1	1	1	1	1	l							



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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			Х	Х	Х	Х	Х	Х	Χ	Χ	Χ	Χ	Χ	Χ
Dressing			Х	Х	Х	Х	Х	Х	Х	Х	Χ	Χ	Χ	Χ
Showering			Χ	Χ	Χ	Χ	Χ	Χ	Х	Χ	Χ	Χ	Χ	Χ
Driving			Х	Х	Х	Х	Х	Х	Χ	Χ	Χ	Χ	Χ	Χ
Overhead Activity										Χ	Χ	Χ	Χ	Χ
Computer use (waist level)	X	Х	Х	Х	Х	Х	Х	Х	Х	Х	Х	X	Х	Х