



**Reverse Total Shoulder Replacement
Post-op Therapy Plan**

Date of surgery: _____

Surgeon: _____

Subscapularis repair? ____Y ____N

Precautions: Non weight bearing and in the sling at all times including sleeping, except showering/bathing for 4 wks

Sling use: 4 wks

Next Follow up: _____

Reverse Total Shoulder Replacement

| | Intervention | Milestones |
|-----------|---|---|
| 0-2 wks | One PT visit with review of precautions, sling use, instruct in posture ex and elbow wrist and hand ROM | Full AROM elbow wrist hand Good pain control Compliance with sling use |
| 2-4 wks | Begin gentle PROM into extension, flexion, scaption, ER and IR to belly AAROM flexion in supine to tolerance Begin light elbow/wrist/hand PRE's Begin submax isometrics Progress low level scapular ex avoiding excessive shoulder extension Lifting restriction to the weight of coffee cup | Painfree ADL's below shoulder height PROM -flex between 90-125 -ER 20-30 degrees |
| 4-8 wks | Progress to AAROM in all planes supine-> standing Limit extension and functional IR (behind the back) Lifting restriction no more than 2# | AAROM flex 90-125 in standing |
| 8-12wks | Begin AROM all ranges Begin gentle isotonic ER IR, deltoid Begin proprioception ex Lifting restriction 2# | AROM 90-125 flexion and scaption with acceptable mechanics |
| 12-14 wks | Begin closed chain ex in controlled planes of motion Progress scapular ex Advance strengthening to tolerance Press exercises limit to 25# max | AROM 90-125 with acceptable mechanics At 14 wks progress to HEP focused on continued strength gains and return to function |

Expectations:

- Between 90-125 degrees of overhead motion with acceptable mechanics
- Significant reduction in pain compared to pre-operative state
- Functional ER to 20-30 degrees
- 25# lifting max

This therapy plan provides a synopsis of guidelines for recovering from surgery with St. Luke's Sports Medicine. It is provided as an educational resource. Individual circumstances vary and these plans cannot replace the advice of a medical professional.

Current 1/2024-1/2026



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