



Greg Takenishi, MD

2801 K St, Ste 330; Sacramento, CA 95816

916-732-3005

www.sacorthosports.com

Physical Therapy Protocol

Reverse Total Shoulder Arthroplasty

General Guidelines

Maintain surgical ROM early, don't push it

This is a constrained implant. No manual joint mobilization or hands-on stretching

No combined shoulder adduction, IR, & extension; i.e. no motion behind the back

No glenohumeral extension beyond neutral

No weightbearing on operative arm

No lifting anything heavier than a full coffee cup with the operative extremity

These precautions should be followed for the first 12 weeks post-operatively

ROM goals: Forward flexion 90 degrees at 2 weeks, 120 degrees at 3 weeks, 140 degrees at 4 weeks and then full range of motion.

Phase 1 (Weeks 0-3)

Goals:

Reinforce precautions

Control pain and inflammation

Instruct in home exercises for elbow, wrist, and hand – start immediately, maintain full elbow ROM

Begin postural exercises and shoulder activation

Begin Pendulums/Codman exercises at 2 weeks postop

Instruct in ADL's, e.g. putting on/taking off sling and clothing

Instruct in bed mobility & transfers without weightbearing on operative arm

Precautions:

As per the General Guidelines

Wear the sling at all times except for exercises, dressing, and showering

Patients may shower after 3 days – do not remove steri-strips, No soaking wound until 6 weeks and when incision completely healed with no drainage

Sacramento orthopedic center

Greg Takenishi, MD; Timothy Mar, MD; Alan Hirahara, MD; Michael W. Leathers, MD; Yuhwan Hong, MD; Michael P. Leathers, MD
2801 K St., Ste 330, Sacramento, CA 95816. Office: 916-732-3005 Fax: 916-732-3023



Greg Takenishi, MD

2801 K St, Ste 330; Sacramento, CA 95816

916-732-3005

www.sacorthosports.com

Phase 2 (Weeks 4-6)

Goals:

Begin to wean from the sling to wear at night and while out of the house

Control pain and inflammation

Begin light AAROM

Begin light scapular strengthening

Begin sub-maximal pain-free deltoid isometrics in scapular plane

Phase 3 (Weeks 6-12)

Goals:

Discontinue sling

Begin AROM against gravity in straight planes, i.e. no combined motions

Progress to light closed-chain exercises

Begin gentle glenohumeral IR and ER sub-maximal pain-free isometrics

Phase 4 (Beyond 12 weeks)

Goals:

Can begin AROM with combined motions against gravity

Begin light strengthening but no lifting greater than 6 pounds

Advance to functional activities to enhance function of operative extremity

Sacramento orthopedic center

Greg Takenishi, MD; Timothy Mar, MD; Alan Hirahara, MD; Michael W. Leathers, MD; Yuhwan Hong, MD; Michael P. Leathers, MD
2801 K St., Ste 330, Sacramento, CA 95816. Office: 916-732-3005 Fax: 916-732-3023