Reverse Total Shoulder Arthroplasty & Subscapularis Repair

Name: _____ DOB: _____ DOS: _____

Dr. Michael G. Rizzo, MD DX: _____

● = Do exercise for that week

PROM

Restrictions

FE: 150° x 2 weeks

ER: 30° x 4 weeks

IR: As tolerated

ABD: 60° x 2 weeks

Begin Full PROM

Week 5

Begin AAROM

Week 2

Begin Full AROM

Week 6

Sling

x 2 weeks

T.E.D. Hose

x 5 days

Timelines

Week 1 (POD 1-7)

Week 2 (POD 8-14)

Week 3 (POD 15-21)

Week 4 (POD 22-28)

Precautions

1. Avoid ER90/90 position x 6 wks

2. Avoid reaching behind back x 6 wks

3. No Resisted Elbow Flexion x 3 wks then <10 lbs x 3 wks

Phase I: Maximal Protection Passive Range of Motion (PROM)	**Week** 1	2	3	4	5	6	7	8	9	10	13	17	21	25
DATE														
Cervical ROM Exercises	●	●												
Elbow/Hand/Wrist ROM	●	●												
Ball Squeeze	●	●												
Ankle Pumps	●	●												
Scapular Retraction/Depression	●	●	●	●	●	●								
Pendulums	●	●	●	●	●	●								
Aquatherapy for AAROM				●	●	●								
Passive ROM														
External Rotation	30°	30°	30°	30°	●	●	●	●	●	●	Continue PROM until functional levels achieved			
Forward Elevation & Scaption	150°	150°	●	●	●	●	●	●	●	●				
Abduction	60°	60°	●	●	●	●	●	●	●	●				
Internal Rotation to Belt Line	●	●	●	●	●	●	●	●	●	●				
Internal Rotation				●	●	●	●	●	●	●				
Phase II: Minimal Protection Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Active Assist ROM														
External Rotation		30°	30°	30°	●	●								
Flexion/Abduction		150°	●	●	●	●								
Isometrics-Light														
Internal/External Rotation		●	●	●	●	●								
Flexion/Extension/Abduction		●	●	●	●	●								
Active ROM														
Bench Press Series							●	●	●	●	●			
Modified Military Press								●	●	●	●			
Standing Abduction to 45							●	●	●	●	●			
Sidelying Abduction to 90							●	●	●	●	●			
Salutes							●	●	●	●	●			
Prone Row Progression								●	●	●	●			
Standing Abduction to 90							●	●	●	●	●			
Full Can to 90								●	●	●	●			
Open Chain Proprioception							●	●	●	●	●			
Low Load Prolonged Stretches														
Door Jam Series							●	●	●	●	●	●	●	●
Towel Internal Rotation							●	●	●	●	●	●	●	●
Cross Arm Stretch							●	●	●	●	●	●	●	●
Sleeper Stretch							●	●	●	●	●	●	●	●
TV Watching Stretch							●	●	●	●	●	●	●	●
90/90 External Rotation Stretch							●	●	●	●	●	●	●	●
Activities of Daily Living	1	2	3	4	5	6	7	8	9	10	13	17	21	25
Eating/Drinking	Use Uninvolved Arm Only		●	●	●	●	●	●	●	●	●	●	●	●
Dressing			●	●	●	●	●	●	●	●	●	●	●	●
Washing/Showering			●	●	●	●	●	●	●	●	●	●	●	●
Computer with supported arm	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Driving			●	●	●	●	●	●	●	●	●	●	●	●
Lifting up to 5 lbs.							●	●	●	●	●	●	●	●
Overhead Activity									●	●	●	●	●	●
Lifting greater than 5 lbs.										●	●	●	●	●

The intent of this protocol is to provide guidelines for progression of rehab. It is by no means intended to serve as a substitute for clinical decision making. Progression through each phase of rehab is based on clinical criteria and time frames as appropriate It is important that each phase of rehab is mastered prior to initiating the next phase to insure proper healing of repaired tissues.

	Week													
Phase III: Initial Resistance Strengthening & Proprioception	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**17**	**21**	**25**
External Rotation									•	•	•	•	•	•
Internal Rotation									•	•	•	•	•	•
Double Arm External Rotation									•	•	•	•	•	•
Full Can									•	•	•	•	•	•
Forward Punch w/plus									•	•	•	•	•	•
Rows									•	•	•	•	•	•
Bicep Curl									•	•	•	•	•	•
Triceps Extension									•	•	•	•	•	•
Lat Pulldown									•	•	•	•	•	•
Initial Closed Chain Stability										•	•	•	•	•
Phase IV: Advanced Resistance Strengthening & Proprioception	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**17**	**21**	**25**
Bear Hugs										•	•	•	•	•
External Rotation at 45°											•	•	•	•
External Rotation at 90°											•	•	•	•
Rhythmic Stabilization/NM Control											•	•	•	•
Advanced Closed Chain Stability												•	•	•
Phase IV: Return to Activity	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**13**	**17**	**21**	**25**
CRITERIA FOR RETURN TO FULL ACTIVITY **FUNCTIONAL PAINFREE ACTIVE RANGE OF MOTION, MAXIMIZED STRENGTH, PROPER SCAPULOTHORACIC MECHANICS** **PRECAUTIONS: NO LIFTING HEAVIER THAN 50 LBS, NO CONTACT SPORTS, ONLY LIGHT WEIGHT LIFTING**														
Golf														
Putt			•	•	•	•	•	•	•	•	•	•	•	•
Chip								•	•	•	•	•	•	•
Irons									•	•	•	•	•	•
Drivers										•	•	•	•	•
Play a Round											•	•	•	•
Hiking									•	•	•	•	•	•
Jogging									•	•	•	•	•	•
Skiing									•	•	•	•	•	•
Swimming													•	•
Tennis													•	•
					Therapist:									