

REVERSE TOTAL SHOULDER Rehab Protocols

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Dr. Drew Ratner

PHASE I – IMMEDIATE POSTOPERATIVE PHASE (WKS 0-3)

Goals

- Protect the surgical repair
- Reduce Swelling, minimize pain
- Maintain UE ROM in elbow, hand, and wrist
- Gradually increase shoulder PROM
- Minimize muscle inhibition
- Patient Education

Sling

- Neutral rotation
- Use of abduction pillow in 30-45 degrees abduction
- Use at night while sleeping

Precautions

- No shoulder AROM
- No shoulder AAROM
- No shoulder PROM in to IR
- No reaching behind back, especially in to internal rotation
- No lifting of objects
- No supporting of body weight with hands
- Place small pillow/towel roll under elbow while lying on back to avoid shoulder hyperextension

Intervention

- Swelling Management
 - Ice, compression
- Range of motion/mobility
 - PROM: ER in the scapular plane to tolerance, Flex/Scaption <120, ABD < 90
 - AAROM: none
 - AROM: elbow, hand, wrist

Criteria to Progress

- Gradual increase in shoulder PROM
- 0 degrees shoulder PROM into IR
- Pain < 4/10
- No complications with Phase I

Call **864-807-9998** with any questions
about rehab protocols.



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PHASE II – INTERMEDIATE PHASE: MODERATE PROTECTION (WKS 4-6)

Goals

- Continue to protect surgical repair
- Reduce swelling, minimize pain
- Gradually increase shoulder PROM
- Initiate shoulder AAROM/AROM
- Initiate periscapular muscle activation
- Initiate deltoid activation (avoid shoulder extension when activating posterior deltoid)
- Patient education

Sling

- Use at night while sleeping
- Gradually start weaning sling over the next two weeks during the day

Precautions

- No reaching behind back, especially in to internal rotation
- No lifting of objects heavier than a coffee cup
- No supporting of body weight with hands
- Place small pillow/towel roll under elbow while lying on back to avoid shoulder hyperextension

Intervention

- Range of motion/mobility
 - AAROM: Active assistive shoulder flexion, shoulder flexion with cane, cane external rotation stretch, washcloth press, seated shoulder elevation with cane
 - AROM: supine flexion, salutes, supine punch
- Strengthening
 - Periscapular: scap retraction, standing scapular setting, supported scapular setting, low row, inferior glide
 - Deltoid: isometrics in the scapular plane

Criteria to Progress

- Gradual increase in shoulder PROM, AAROM, AROM
- 0 degrees shoulder PROM into IR
- Palpable muscle contraction felt in scapular musculature
- Pain < 4/10
- No complications with Phase II

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PHASE III – INTERMEDIATE POST OP (WKS 7-8)

Goals

- Minimize pain
- Gradually progress shoulder PROM, initiate shoulder PROM IR in the scapular plane
- Gradually progress shoulder AAROM
- Gradually progress shoulder AROM
- Progress deltoid strengthening
- Progress periscapular strengthening
- Initiate motor control exercise
- Patient education

Sling

- Discontinue

Precautions

- No reaching behind back beyond pant pocket
- No lifting of objects heavier than a coffee cup
- No supporting of body weight with hands
- Avoid shoulder hyperextension

Intervention (Continue with Phase 2 Interventions)

- Range of motion/mobility
 - PROM: Full in all planes, gradual PROM IR in scapular plane < 50 degrees
 - AAROM: incline table slides, wall climbs, pulleys, seated shoulder elevation with cane with active lowering
 - AROM: seated scaption, seated flexion, supine forward elevation with elastic resistance to 90 degrees
- Strengthening
 - Periscapular: Row on physioball, serratus punches
 - Deltoid: seated shoulder elevation with cane, seated shoulder elevation with cane with active lowering, ball roll on wall
- Motor Control
 - IR/ER in scaption plane and Flex 90-125 (rhythmic stabilization) in supine
- Stretching
 - Sidelying horizontal ADD, triceps, and lats

Criteria to Progress

- ROM Goals
 - Elevation 140
 - ER 30 in neutral
 - IR 50 in scapular plane
- PROM AROM expectations are individualized and dependent upon ROM measurements attained in the OR post-operatively Minimal to no substitution patterns with shoulder AROM
- Pain <4/10

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PHASE IV – TRANSITIONAL POST OP (WKS 9-11)

Goals

- Maintain pain-free ROM
- Progress periscapular strengthening
- Progress deltoid strengthening
- Progress motor control exercise
- Improve dynamic shoulder stability
- Gradually restore shoulder strength and endurance
- Return to full functional activities

Precautions

- No lifting heavy objects (>10lbs)

Intervention (continue with Phase 2-3 Interventions)

- Range of motion/mobility
 - PROM: Full in all planes
- Strengthening
 - Periscapular: Resistance band shoulder extension, resistance band seated rows, rowing, robbery, lawnmowers, tripod, pointer
 - Deltoid: gradually add resistance with deltoid exercise
- Motor Control
 - IR/ER and Flex 90-125 (rhythmic stabilization)
 - Quadrupled alternating isometrics and ball stabilization on wall
 - Field Goals
 - PNF – D1 diagonal lifts, PNF – D2 Diagonal lifts
- Stretching
 - Sidelying horizontal ADD, triceps, and lats

Criteria to Progress

- Performs all exercises demonstrating symmetric scapular mechanics
- Pain <2/10

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PHASE V – ADVANCED STRENGTHENING POST OP (WKS12-16)

Goals

- Maintain pain-free ROM
- Initiate RTC strengthening with a concomitant repair
- Improve shoulder strength and endurance
- Enhance functional use of upper extremity

Precautions

- No lifting heavy objects (>15lbs)

Intervention (continue with Phase 2-4 Interventions)

- Strengthening
 - Periscapular: Push-up plus on knees, “W” exercise, resistance band Ws, prone shoulder extension ls, dynamic hug, resistance band dynamic hug, resistance band forward punch, forward punch, T and Y, “T” exercise
 - Deltoid: continue gradually increasing resisted flexion and scaption in functional positions
 - Elbow: Bicep curl, resistance band bicep curls, triceps
 - Rotator Cuff: internal, external rotation isometrics, side-lying external rotation, standing external rotation w/ resistance band, standing internal rotation w/ resistance band, internal rotation, external rotation, sidelying ABD to standing ABD
- Motor Control
 - Resistance band PNF pattern, PNF – D1 diagonal lifts w/ resistance, diagonal up, diagonal down, wall slides w/ resistance band

Criteria to Progress

- Clearance from MD and ALL milestone criteria have been met
- Maintains pain-free PROM and AROM
- Performs all exercises demonstrating symmetric scapular mechanics
- QuickDASH
- PENN

**DREW
RATNER, MD**
ORTHOPEDIC SURGEON



864-807-9998



drewratner@theamericanorthopedics.com



www.TheAmericanOrthopedics.com



10 Enterprise Blvd. Ste 209
Greenville, SC 29615

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