

**Physical Therapy Protocol:  
 REVERSE TOTAL SHOULDER ARTHROPLASTY**

**Recommendation:** PT/ OT 2-3 visits per week for 8-12 weeks

**Precautions**

- Avoid shoulder hyperextension
- Avoid abduction and external rotation
- Avoid adduction, extension, and internal rotation
- Avoid excessive weight-bearing through arm

**First 4 Weeks (Goal: Allow healing of soft tissues, preserve PROM)**

- Wear sling for 4 weeks
- While lying supine support elbow with pillow
- NO extension x 4 weeks
- NO Active ROM x 2 weeks
- NO lifting objects or supporting body weight with operated extremity
- PROM

	Weeks 1-2	Weeks 2-4
FE	0-30	0-100
ER	0	0-15

- **\*\*NO Internal Rotation\*\***
- Full mobilization of elbow, wrist, and hand
- Ice 3-4x daily for 3 days

**4-6 Weeks (Goal: Begin deltoid strengthening, avoid dislocation)**

- Begin submaximal pain-free deltoid isometrics in scapular plane
- Ice following exercises
- NO weights
- PROM

	Weeks 4-8	Weeks 8-12
FE	0-120	0-140
ER	0-30	0-45

**6-8 Weeks (Goal: Improve PROM and restore AROM)**

- Start PROM IR to tolerance up to 50 Deg in scapular plane
- Begin AA/AROM – FF, Elevation, ER – first supine, then sitting or standing

**9-12 Weeks (Goal: Continue to improve PROM and restore AROM)**

- AROM with resistive bands and light weights (1-3 lbs.)

**12-16 Weeks (Goal: Enhance strength and endurance)**

- No lifting objects heavier than 15-20 lbs
- Progress to gentle resisted flexion and elevation in standing