



Nathan E Marshall MD

Rochester Hills, MI

(248) 650-2400

Shelby Township, MI

(586) 254-2777

NateMarshallMD.com

Reverse Total Shoulder Arthroplasty Physical Therapy Protocol

Immediate Post-operative Period – 4 weeks

- Wear sling in public and to sleep
- Protect Subscapularis repair (avoid ER)
- PROM in scapular plane, forward flexion; no external rotation
- No active internal rotation
- Remove sling for elbow ROM
- Continue wrist and elbow active ROM
- Ice 3-4x daily
- **AVOID EXTENSION, EXTERNAL ROTATION**

4-8 weeks (Goals: Increased Function and range of motion)

- Deltoid re-education in supine position
- No resistive exercises
- No weights
- Scapular strengthening
- Active range of motion – supine (no weights)
- ER to neutral until 6 weeks, then progressively advance ER

8+ weeks

- GENTLE deltoid strengthening (1-2 pounds)
- Re-establish functional motion (for use with ADLs)
- Establish scapular control, shoulder strength