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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – REVERSE SHOULDER ARTHROPLASTY

Sling for 2 weeks and then for comfort only.

PHASE 1

Weeks 0-2

WB status: NWB upper extremity

Motion: Focus on elbow/wrist/hand motion

Begin active scapular retraction/protraction exercises with therapist cueing

Use modalities to decrease pain and inflammation

PHASE 2

Weeks 2-6

WB status: < 5 lbs

Motion: Begin active assisted forward elevation to 90 degrees and ER to 30 degrees; PROM as tolerated; IR in scapular plane and progress as tolerated

PHASE 3

Weeks 6-12

WB status: up to 5-10 lbs

Motion: Active forward elevation to 120 degrees and ER to 45 degrees and progress as tolerated; PROM as tolerated; IR in scapular plane and progress as tolerated

PHASE 4

Months 3-9

WB status: WBAT

Motion: Allow full passive, active-assisted, and active ROM (patients typically achieve 80-120 degrees of forward elevation after RSA)

Allow strengthening as tolerated