

Central Indiana Orthopedics
14300 E 138th St
Building B
Fishers, IN 46037

Reverse Shoulder Arthroplasty PT Protocol

X = Perform exercise

Week

Range of Motion (ROM)	Early Therapy						Week							
	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Pendulums	X	X	X	X	X	X								
Cervical, Elbow, Wrist, Finger ROM	X	X	X	X	X	X								
Ball Squeeze	X	X	X	X	X	X								
Scapular Retraction/Depression	X	X	X	X	X	X								
Ankle Pumps	X	X	X	X	X	X								
Passive Range of Motion (PROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation	90°			120°			150			As tolerated				
External Rotation (Scapular Plane)	Neutral			20°			35°			50°	X	X	X	
Internal Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
Active Assist Motion (AAROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation				X	X	X	X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)				X	X	X	X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
Active Range of Motion (AROM)	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation							X	X	X	X	X	X	X	X
External Rotation (Scapular Plane)							X	X	X	X	X	X	X	X
Internal Rotation (Scapular Plane)									X	X	X	X	X	X
Gentle Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Forward Elevation										X	X	X	X	X
External Rotation										X	X	X	X	X
Internal Rotation										X	X	X	X	X
Abduction										X	X	X	X	X
General Strengthening	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Military Press (Diagonal Patterns)											X	X	X	X
Shoulder Girdle Strengthening											X	X	X	X
Core Strengthening											X	X	X	X
Sports	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Swimming													X	X
Overhead / Serving Sports														X
Activities of Daily Living w/ Arm	1	2	3	4	5	6	7	8	9	10	12	16	20	24
Eating/Drinking			X	X	X	X	X	X	X	X	X	X	X	X
Dressing			X	X	X	X	X	X	X	X	X	X	X	X
Showering			X	X	X	X	X	X	X	X	X	X	X	X
Driving			X	X	X	X	X	X	X	X	X	X	X	X
Overhead Activity										X	X	X	X	X
Computer use (waist level)	X	X	X	X	X	X	X	X	X	X	X	X	X	X

PROM:
- Starts at week 2
AAROM:
- Starts at week 4
AROM:
- Starts at week 7

Strengthening
- Starts at week 10

Sling Use
(while not in PT)
- Full-time: weeks 0-4
- When out-and-about: weeks 4-6
- Discontinue sling: after week 6

Goals
- Independent transfers/ADLs at 3 weeks
- PROM 90° FE by 6 weeks
- AROM FE 120° by 12 weeks
- Return to independent activity at 16 weeks

Subscapularis Repair
- Push back ER motion timeline by 2 weeks