

## PT Protocol – Total Shoulder Arthroplasty (Reverse)

**\*Blood Flow Restriction (BFR) encouraged at all stages**

### **Weeks 0-4**

- Wear sling in public and to sleep
- Protect Subscapularis repair by avoiding external rotation beyond 20 degrees
- Pendulums, AAROM/AROM/PROM in scapular plane
- Forward flexion; no external rotation beyond 20 degrees
- No active internal rotation (bear hugs or belly press)
- Remove sling for elbow ROM
- Continue wrist and elbow active ROM, ball squeezes
- Scapular stabilization exercises (shoulder shrugs & shoulder blade pro/retractions)
- Ice 3-4x daily
- AVOID EXTENSION, EXTERNAL ROTATION

### **Weeks 4-8 Goals: Increased Function and range of motion**

- Deltoid re-education in supine position
- No resistive exercises and no weights
- Continue scapular strengthening
- Active range of motion – supine (no weights)
- Advance ER to normal

### **Weeks 8+**

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