

# Dr. Hafiz F. Kassam | Orthopedics

Advanced Shoulder and Elbow Reconstruction,  
Sports Medicine and Trauma Surgery

## REVERSE TOTAL SHOULDER ARTHROPLASTY PHYSICAL THERAPY REFERRAL

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

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

### Immediate Post-operative Period Day 1 – 6 weeks (Goal: Allow healing of soft tissues, preserve PROM)

- Wear sling for 6 weeks postoperatively
- While lying supine support elbow with pillow
- **No extension x 6 weeks**
- **No Active ROM x 6 weeks**
- **No lifting objects or supporting body weight with operated extremity**
- PROM – FE: 0-30 (wks 1-3) then 0-75 (wks 3-6)      ER: none (wks 1-3) 0-15 (wks 3-6)  
    \*\*No internal Rotation\*\*
- Full mobilization of elbow, wrist and hand
- Ice 3-4x daily for 3 days

### **3-6 Weeks (Goal: Begin deltoid strengthening, avoid dislocation)**

- Begin submaximal pain-free **deltoid isometrics** in scapular plane
- Ice following exercises
- No weights

### **6-12 Weeks (Goal: improve PROM and restore AROM)**

#### **Week 6-8:**

- Continue progressive PROM program: FE to 90 and ER to 30 by 8 weeks. FE to 120 and ER to 45 by 10-12 weeks
- Start PROM IR to tolerance up to 50 Deg in scapular plane
- Begin AA/AROM – FF, Elevation, ER – first supine, then sitting or standing

#### **Weeks 9-12:**

- 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

Signature \_\_\_\_\_ Date \_\_\_\_\_

Renew Therapy \_\_\_\_\_ Date \_\_\_\_\_