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Post-Operative Protocol- Reverse Shoulder Arthroplasty

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

Diagnosis: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

\_\_\_\_ Provide patient with home exercise program

0-6 Weeks:

- Home Program given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
- Sling for 6 weeks
- Remove sling for home exercises and bathing only

6-12 Weeks:

- PROM → AAROM → AROM at tolerated, except....
- No active IR / backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 6 weeks for it to grown back down into the humerus and regenerate a blood and nerve supply.
- No resisted internal rotation / backward extension until 12 weeks post-op
- Grip strengthening OK
- Heat before PT, and ice after PT
- Goals: increase ROM as tolerated to 90° FF / 20° ER no manipulation
- Begin light resisted ER / FF / ABD isometrics and bands, concentric motions only
- No scapular retractions with bands yet

3-12 Months:

- Begin resisted IR/BE (isometrics/bands): isometrics → light bands → weights
- Advance strengthening as tolerated; 10 reps/1 set per exercise for rotator cuff, deltoid, and scapular stabilizers.
- Increase ROM to full with passive stretching at end ranges
- Begin eccentric motions, plyometric, and closed chain exercises at 12 weeks.

\_\_\_\_ Other:

Modalities: \_\_\_\_\_ Electric Stimulation \_\_\_\_\_ Ultrasound \_\_\_\_\_ Heat before/Ice after

Frequency: \_\_\_\_\_ x/ week x \_\_\_\_\_ weeks

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