Dr. Bercik Reverse Total Shoulder Arthroplasty Protocol

Work and activity restrictions are consistent after TSA:

- 0 – 2 weeks: Sling at all times to allow for wound rest. Remove sling for elbow/wrist/hand exercises and hygiene purposes only
- 2 – 6 weeks: Discontinue sling and begin physical therapy. OK to use hand for activities of daily living (ADLs)
- 6 weeks - 3 months: 5lb weight limit in the operative hand
- >3 months: No restrictions

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0 – 2 weeks: Wound rest

- Sling at all times except for elbow/wrist/hand exercises and hygiene purposes
- Elbow/wrist/hand exercises in sling 3-5x a day

2 – 6 weeks: Regain ROM

- Begin formal PT with initiation of JPL Exercises Phase I
    - Transition to Phase II when comfortable with Phase I
    - Transition to Phase III when comfortable with Phase II
    - Passive ROM in external rotation and flexion (Consider a towel or bump under the elbow for supine external rotation to avoid shoulder extension.)
- Patient should attempt 3-5 sets of JPL exercises per day. Each set should involve 5 repetitions.
- Stretching routine should be done 3-5 times per day

6 weeks – 3 months: Regain ROM, Strengthening

- Begin JPL exercises Phase III
    - If warm pool available, begin pool exercises
- No motion restrictions
- Begin "internal rotation stretch" at 4 weeks (If patient able to do so given balance/mobility)
    - Patient extends lumbar spine and allows operative arm to hang towards floor, clearing buttocks
    - Once in this position, have patient bring operative hand to lumbar spine
    - Anticipate anterior tightness for 3-4 weeks before loosening up
- Begin rope and pulley exercises & table slides for terminal passive elevation

- Begin gentle strengthening exercises with theraband: external rotation, low row, anterior deltoid
- Internal rotation stretching: Cross body and up back with towel
- JPL Exercises should be performed 3-5 times per day, at 5 repetitions per set
- Strengthening exercises only 1 time per day

3 months+: Strengthening

- Add internal rotation strengthening