

REVERSE SHOULDER ARTHROPLASTY PROTOCOL

DR. ELRASHIDY – WEBSTER ORTHOPEDICS

OVERVIEW

- ♦ **Sling** - Simple sling for 5 weeks as follows:
 - ♦ Full time x 4 weeks: After week 4, begin to wean during day as tolerated
 - ♦ Continue to wear while sleeping until Week 5
- ♦ **When Supine:** For first 5 weeks, place small pillow/roll behind elbow to **avoid hyperextension**
 - ♦ Prevents tension on subscap (if repaired)
 - ♦ Instruct patient they should be able to visualize elbow

Other Precautions:

- ♦ No lifting (greater than coffee mug) or strengthening for first 5-6 weeks
 - ♦ Ok to use operative arm for activities of daily living (brushing teeth, eating, etc)
- ♦ No strengthening for first 5-6 weeks. Focus on PROM, followed by AAROM and AROM
- ♦ No pulleys x 6 weeks
- ♦ Reinforce weight limit of no greater than 10-15 lbs on operative shoulder/extremity

PHASE 1: Protected PROM/AAROM (Weeks 0-5)

Early Phase 1 (Weeks 0-4)

- ♦ Sling full-time (except with therapy or when showering) for 4 weeks
- ♦ Patient will see therapist on post-op day #1 (in hospital) to learn:
 - ♦ **Pendulums** as tolerated
 - ♦ **Passive supine forward elevation** as tolerated
 - ♦ Begin PROM in supine position with rotator cuff repairs for good scapular stabilization
 - ♦ **Gentle ER in scapular plane** to available PROM (no more than 30°)
- ♦ Begin Outpatient Therapy at 10-14 days post-op
- ♦ **Cryotherapy** (+ other soft tissue modalities): For swelling, pain and inflammation
- ♦ Supine forward flexion (initially PROM, progress to AAROM as tolerated)
- ♦ AROM of elbow, wrist, hand and neck
- ♦ Begin scapular isometrics (scapular sets – primarily retraction)
- ♦ Work on PROM in all planes (except limit ER to 30°, NO extension)
- ♦ NO weight-bearing on operative extremity for first 4 weeks
- ♦ NO Pulley exercises

Late Phase 1 (Week 5)

- ♦ **Sling:** Worn only when sleeping, wean during the day over Week 5
- ♦ Begin and progress from PROM to gentle **active-assisted ROM** as tolerated
 - ♦ Focus on assisted forward flexion<120°, ER<30° and Abd<45° in plane of scapula

PHASE 2: AAROM/AROM (Weeks 5-8)

- ♦ Improve **PROM and AAROM** gradually into full ER in neutral, elevation<140°, IR as tolerated
- ♦ **Discontinue sling after Week 5:** Encourage natural arm swing
- ♦ **Begin AROM:** Initiate glenohumeral joint mobility primarily in elevation

REVERSE SHOULDER ARTHROPLASTY

- ◆ Begin AROM exercise against gravity in elevation, ER, IR behind back and abduction
- ◆ Avoid PROM with stretching in adduction past neutral, IR behind back & flexion > 120°
- ◆ Also avoid PROM/stretching with combined ER and abduction
- ◆ Encourage increased functional use of arm for ADLs
- ◆ **Begin pulleys** for forward elevation in plane of scapula (as long as > than 90° PROM)
- ◆ Begin sub-maximal deltoid isometrics (anterior, lateral & posterior) in neutral (at Week 8)
- ◆ Begin scapular strengthening exercises as appropriate (at Week 8)
- ◆ Begin assisted horizontal adduction
- ◆ Gentle glenohumeral & scapulothoracic joint mobilization, rhythmic stabilization

PHASE 3: AROM/Strengthening (Weeks 9-13+)

- ◆ Progress AROM exercise and continue PROM/stretch as needed.
- ◆ Continue to improve glenohumeral joint mobility in elevation and ER
- ◆ **Continue Strengthening:** Focus on **deltoid muscle balance** and **functional strength**
 - ◆ Utilize pool exercise program, low resistance T-band or light weights
 - ◆ Include teres minor and subscapularis (if intact per surgeon op report) strengthening
 - ◆ Progress from **submaximal isometrics** to **limited-range** to **full-range isotonic**
 - ◆ Resistive exercise below shoulder height encouraged
 - ◆ ER strength typically somewhat compromised due to underlying cuff dysfunction. Avoid overload of teres minor when strengthening.
- ◆ Maximize strength of shoulder girdle and upper extremity for light daily ADLs
- ◆ **NO** weight-lifting above shoulder height or lifting with weight > 10 lbs (unless instructed by surgeon)
- ◆ Avoid forceful AAROM in flexion > 140°, ER > 45°, IR behind body, horizontal adduction past neutral.

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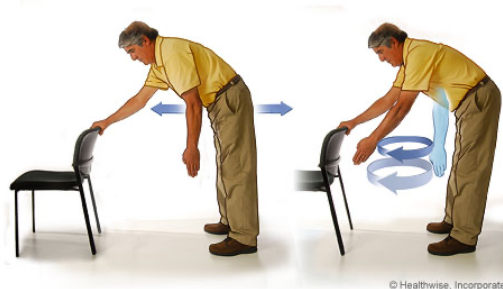
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SAMPLE EXERCISES

- 1) **Passive Supine Flexion/Forward Elevation:** Lie on your back. Grasp wrist with non-op hand and passively raise operative arm overhead. Aim to get to 90° by 3 weeks. In week 4, progress to 120°. Then full ROM after 6 weeks. Keep elbow bent and relaxed. Repeat 10 reps, 2-3 times/day



- 2) **Passive Pendulum Exercise:** Hold onto a chair back with non-op hand and bend forward. Let the operative arm hang down passively. Use body to passively swing arm: Forward, backward, side to side and in small circles. Repeat throughout the day as tolerated



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