

Reverse Total Shoulder PT Protocol



Dr. Byrd

PHASE	TIME PERIOD	IMMOBILIZATION	LENGTH OF IMMOBILIZATION	SHOULDER ROM	EXERCISES
Phase 1 Gentle protection	0-2 weeks	Standard immobilizer	All times day and night except for hygiene and gentle exercises, pillow behind elbow when seated	PROM: IR to abdomen, ER to 30 deg, table slides no extension past	Elbow and wrist ROM, squeeze ball
	2-4 weeks	Standard immobilizer, can remove abduction pillow	Can sleep without sling with arm on pillow while seated; can wean from immobilizer. Off at home, back on if shoulder is dropping, back on when leaving the house.	Begin active-assist ROM and progress to AROM, no IR behind back	Codman's, closed chain scapula, AROM in supine position
	4-6 weeks	None	None	Progress to FROM passively in all planes, except continue to limit IR behind back and extension	No aggressive stretching, can begin deltoid isometrics
Phase 2 Regaining motion	6-12 weeks	None	None	Progress to full ROM, limit IR behind back	Isometric deltoid and cuff at 8 weeks, can begin resistance exercises for scapular stabilizers, and upper arm and posterior cuff
Phase 3 Building strength	12-18 weeks	None	None	Full	Progress to endurance strengthening when ROM normalizing and scapular strength is normalizing, all cardio activity okay. Can putt and progress to chipping.
Phase 4 Back to normal life	18 weeks through 6/8 months	None	None	Continue to emphasize ROM	Aggressive scapular stabilization, eccentric strengthening; can begin throwing, racquet sports, endurance activities, full return to golf and other activities.

If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.

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