



# Mid-America Orthopedics

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## **Reverse Total Shoulder Replacement Protocol**

### **Weeks 0-6:**

- **NO PT TILL AFTER 6 WEEK MD APPT**

### **Weeks 6-12:**

- **PROM:**
  - Flexion: progress as tolerated
  - Abduction: progress as tolerated
  - External Rotation: progress as tolerated up to 60 degrees max
- **AROM:**
  - Begin AAROM as tolerated
  - Begin AROM as tolerated
  - Progress ER as tolerated
- **Strength:**
  - Begin strengthening as tolerated (isotonics OK)
  - Focus on Deltoid strength
- **ROM:**
  - Continue to advance AAROM and AROM working on eliminating/reducing compensation.

Patient progression during the time frames along with general modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.

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