



Ammar Anbari, MD
Shoulder, Hip and Knee Arthroscopy
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Reverse Shoulder Arthroplasty Prescription

NAME: _____

DATE: _____

DIAGNOSIS: s/p Left / Right Shoulder Reverse Arthroplasty

DATE OF SURGERY: _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 weeks

_____ Weeks 1-6:

- PROM AAROM AROM as 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 into the humerus and regenerate a blood and nerve supply
- ROM goals: Week 1: 60° FF/20° ER at side; ABD max 75° without rotation
- ROM goals: Week 2: 90° FF/ 20° ER at side; ABD max 75° without rotation
- No resisted internal rotation/backward extension until 12 weeks post-op
- Grip strengthening OK
- Canes/pulleys OK if advancing from PROM
- Heat before PT, ice after PT

_____ Week 6-12:

- Begin AAROM AROM
- 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 resisted internal rotation/backwards extension until 12 weeks post-op
- No scapular retractions with bands yet

_____ Months 3-12:

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

Modalities

Electric Stimulation

Ultrasound

Signature: _____

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