

Patient: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

**Procedure: Right/Left Anatomic / Reverse Total Shoulder**

**\*\*AVOID ANY RESISTED IR/BACKWARDS EXTENSION until 3 months post-op\*\***

**Week 1:** No formal PT. Sling at all times except for hygiene and pendulums if instructed. Home exercises of elbow and wrist ROM, grip strengthening.

**Phase I (1-4 wks): *Begin formal PT (1-3x per week)***

**Weight bearing:** <1 lb. Ok to use for ADL's like eating and typing.

**Brace:** Sling must always be used when asleep and ambulating. If sitting ok to remove sling and use arm at side for eating and typing. No shoulder ROM allowed, only utilize wrist and elbow. If patient unable to perform this safely may just stay in sling full time except hygiene. Pillow for sling is optional from day one.

**Ice:** Not directly on skin, recommend as much as possible. 5x/day, 20 min/session for first 2 weeks. Then after activity at minimum.

**ROM:** Avoid any IR/Backwards extension. PROM→AAROM→AROM as tolerated EXCEPT for IR/Backwards extension to protect subscapularis repair. Ok for gentle ER <30°. Cane and pulleys ok if advancing from PROM. Goal ROM by week 2 90° flexion, 15° ER. Goal week 4 120° flexion 30° ER. OK for PT guided home plan if patient able to demonstrate proficiency with restrictions.

**Exercises:** Grip, isometric below shoulder level. **Avoid any IR/Backwards extension.**

**Phase II (4-12 wks): *Discontinue immobilization***

**Weight bearing:** < 5 lbs operative arm

**Brace:** Discontinue sling after 4 weeks.

**ROM:** Avoid any IR/Backwards extension. Light passive stretching at end ranges.

**Exercises:** Begin resisted ER/FF/ABD: isometrics and bands, concentric motions only.

**Phase III (12 wks-16 wks): *Progress with strength***

**Weight bearing:** Advance to tolerance.

**ROM:** No restriction. Begin light strengthening in IR/Extension, slowing progressing as tolerated. Aggressive end range stretching in all planes.

**Exercises:** May begin light resisted isometrics for IR/Backwards extension. All other motions advance as tolerated to bands and to light weights (1-5 lbs) with 8-12 reps x 2-3 sets for cuff, deltoid, scapular stabilizers. No more than 3x / week to avoid cuff tendinitis. Begin to eccentrically resisted motions.

**Phase IV (16 wks to 6 mo): *Advanced activities***

**Weight bearing:** Full

**Sports:** At 5 mo ok to progress to light throwing. Golf progression may begin at 3.5-4 months.

**Work:** Overhead heavy lifting can begin to tolerance at ~5 months. Heavy labor may take 4-6 months.

**Exercises:** Start light gym weight training activities.

Frequency: \_\_\_\_\_x/week x \_\_\_\_\_weeks

**By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.**

\_\_\_\_\_

Date: \_\_\_\_\_

**Dax Varkey MD, MPH**