

Dr. Curtis Noel's Protocol for:

REVERSE TOTAL SHOULDER ARTHROPLASTY



Sling Use:

Sling for 4 weeks-may remove when comfortable
Do not use the arm to push or pull out of a chair or bed

Phase I: (Passive)

Week 1-3

- Pendulums to warm-up
- Passive Range of Motion
- Supine External Rotation to 30 degrees
- Supine Forward Elevation to 130 degrees
- No Internal Rotation
- May progress to active assisted motion as tolerated

Phase II:
(Active/Assistive)

Week 4-6

- Pendulums to warm-up
- Active Assistive ROM with Passive Stretch to prescribed limits
- Supine External Rotation – gradually increase to full
- Supine Forward Elevation – progress as tolerated to full
- Internal Rotation – gradually increase to full
- Start Isometric Deltoid Contractions

Phase III: (Resisted)

Week 6-8

- Pendulums to warm-up and continue with phase 2
- Scapular mobilization
- Internal Rotation – Gradually increase to full
- Deltoid Strengthening
- Standing forward punch
- Rows
- HEP
- PRE's for Periscapular strengthening

Return to activities:

Immediately

Computer, eating, holding a book, typing, writing

4 months

Golf, Tennis