

phil h. berry, jr., m.d.  
miguel a. hernandez, III, m.d.  
ray f. aronowitz, m.d.  
david a. heck, m.d.  
zachary kelley, m.d.  
alexander cho, m.d.  
jason k. lowry, md  
jon e. nathanson, d.p.m.



810 north zang blvd.  
dallas, tx 75208-4233  
telephone (214) 941-4243  
fax (214) 941-1153

www.TheBoneDocs.com  
www.jasonlowrymd.com

2800 east broad st, suite 510  
mansfield, tx 76063  
telephone (817) 453-3500  
fax (817) 453-3820

## **TOTAL & REVERSE TOTAL SHOULDER ARTHROPLASTY REHAB PROTOCOL**

### **Introduction**

- **Goal:** Regain shoulder ROM
- Because the subscapularis tendon is taken down and then repaired, ER is limited early in the protocol to *neutral only*. \*Most common cause of failure after TSA is loss of fixation of the subscapularis repair.
- There is no limit to flexion ROM.
- Full recovery takes 6 to 12 months

#### **Phase I (0 to 6 Days)**

- Active assisted ROM with pulleys for forward elevation (FE).
- Passive ROM FE, IR.
- Pendulum exercises.
- Elbow, wrist, and finger ROM exercise.
- Educate patient on the above exercises for home.

#### **Phase II (7 to 20 Days)**

- Add shoulder extension exercises.
- Begin assisted IR exercises behind back
- POD #14 – Add isometric exercises for ER, and ABD.
- Continue pulley FE exercises.

#### **Phase III (3 to 6 Weeks)**

- Add ER exercise. Limit ER to 30 degrees.

#### **Phase IV (6 to 12 Weeks)**

- Work to gain full ROM.
- ER with resistance. Full ER permitted.
- Rotator cuff, deltoid, and subscapularis strengthening.
- Discontinue sling.

#### **Phase V (3 to 6 Months)**

- Establish a home program so patient continues PT until at least 6 month post op.
- Work on focal deficits.

A handwritten signature in purple ink, appearing to read "J. Lowry".

Jason K. Lowry, MD