

Name: _____ Date of Birth: _____

Diagnosis: Shoulder Osteoarthritis Code: M19.019Procedure: Reverse Shoulder Replacement Surgery Date: _____

In order for University of Utah Health Care to complete this referral, please fax the patient's first consult notes to the University of Utah Orthopaedic Center at 801-581-4404. Thank you.

Timing of each phase varies based on individual patient factors, length of time immobilized, strength/ROM status, and expected performance/activity demands.

Phase I: Prevent Dislocation (0 to 2 weeks)

- Patient may shower immediately over clear plastic, waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Ice or cold flow systems encouraged for the first week at a minimum
- Sling should be worn at all times other than showering and doing elbow/wrist/hand exercises
- Do not lift anything with the surgical arm
- Home exercise program 3 times per day:
 - Immediate elbow, forearm and hand range of motion out of sling
- Prevent dislocation
 - Avoid extension of shoulder and pushing off
 - Avoid reaching behind back

Phase II: Early ROM (2 weeks to 6 weeks)

- Discontinue sling except when out of house
- Lifting restriction of 5 lbs
- Avoid weight bearing through operative arm. Avoid pushing off and shoulder extension
- Start passive and active ROM as tolerated
 - Pendulums
 - Maintain ER limit of 40°, FE limit of 140°
 - Can start pulleys for FE in the scapular plane to 140°
- Scapular stabilizer strengthening (shrugs, etc. Start at 4 weeks)

Phase III: Active ROM (6-10 weeks)

- Discontinue sling at all times
- Lifting restriction of 10 lbs
- Advance AROM and PROM as tolerated
- Strengthen rotator cuff and shoulder musculature
 - Isometrics, light theraband, scapular stabilizers

Phase IV: Strengthening (>10 weeks)

- Advance all shoulder range of motion as tolerated
- Advance shoulder and rotator cuff strengthening as tolerated
- Incorporate low level functional activities at 3 months
 - Swimming, water aerobics, light tennis, jogging
- Start higher level activities at 4 months
 - Tennis, light weight training, golf
- Initiate functional progression to sports specific activities at 4 months

Modalities per Therapist

Freq: 1-3x/week

Duration: 8-12 weeks

Signature _____