



**Physical/Occupational Therapy Prescription**

**Name:**

**Date of Birth:**

**Diagnosis:** Rotator Cuff Tear Arthropathy      **Code:** M75.120

**Procedure:** Reverse Total Shoulder Replacement

**Surgery Date:**

**Instructions:**

**Range of motion:**

- For the first two weeks post-operatively: Sling at all times. No range of motion.
- Start therapy at two weeks post-operatively.
- Begin with passive range of motion before progressing to active assisted and then active range of motion, with a goal of 130° of active forward elevation and 30° of active external rotation by 6 weeks post-operatively. Please incorporate a home exercise program, starting with pendulums, progressing to pulleys, then supine active flexion, and finally wall climbs and upright active elevation.
- No internal rotation for the first six weeks post-operatively, otherwise no restrictions.
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**Strengthening:**

- Ok to begin grip strengthening immediately.
- No shoulder strengthening until six weeks post-operatively.
- Limit weight bearing to 5 pounds from 2-6 weeks post-operatively.
- At six weeks post-operatively, begin closed-chain concentric anterior deltoid, open chain eccentric external rotator, and scapular stabilizer exercises.
- No bands/weights until three months post-operatively.
- Ok to add resisted internal rotation exercises at twelve weeks.
- Cleared for light athletic activities (swimming, water aerobics, tennis, jogging) at three months post-operatively and higher level activities (golf, weight training) at four months post-operatively.
- Please provide a home exercise program.

**Limitations:**

**2 to 6 weeks:** 5lbs

**Months 1.5-3:** 10 lb limit

**>3 months:** resume full activities, no pushups/benchpress/shoulder press, no high impact upper extremity exercises

**Modalities:** Heat before and ice after therapy. Other modalities at therapist's discretion.

**Frequency:** 2-3 times/week

**Duration:** 6 weeks starting at 2 weeks postoperatively

**Signature:**

**Date:**

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