

## Swift Shoulder Institute - Physical Therapy Protocols

### Reverse Total Shoulder Arthroplasty

- Weeks 0-6: Sling. Full PROM and AAROM. Wall walks and table slides permitted.
- Weeks 6-12: D/C sling. Progress AROM/PROM, with 5 lb. lifting restriction.
- Weeks 12+: Progress ROM/strengthening as tolerated.
- Weeks 16+: Return to activities as tolerated.

(Lifetime restrictions following primary and reverse total shoulder arthroplasty: No repetitive lifting greater than 25lbs, with occasional heavy lifting permitted. No prolonged direct weight-bearing across operative extremity, such as flat push-ups or planks,)