

# UCSF Physical Therapy Referral

## **UCSF Sports Medicine at the Orthopaedic Institute**

Physical Therapy Prescription

Reverse Shoulder Replacement Post-op Physical Therapy

1-2 times per week for 6-8 weeks, renew as needed. Please follow the protocol as directed. Please call the office with questions or renewals

EARLY POST OP (0-6 weeks)

GOALS:

Pain and swelling control

EXERCISES/RESTRICTIONS:

Rest, ice to affected shoulder

Continue sling at all times except for bathing (after dressing is removed)

\*\* No formal Physical therapy \*\*

Scapula isokinetics

Avoid active elevation of arm

Avoid lifting of objects in arm

PHASE II (6-12 weeks)

GOALS:

Full ROM

EXERCISES/RESTRICTIONS:

Discontinue sling

Modalities for pain control

Passive/Active ROM

Biceps/Triceps strengthening

Scapular stabilization program

Rotator cuff program when FF > 90 and abduction >90

Pulleys OK

Teach home program

PHASE III (12-20 weeks)

GOALS:

Full ROM

Strength to 90% compared to other side

EXERCISES/RESTRICTIONS:

Begin cuff strengthening program/periscapular exercises

Continue with aggressive PT

Modalities for pain control

Passive/Active ROM

Biceps/Triceps strengthening

Scapular stabilization program

Rotator cuff program with weights

Pulleys OK

Teach home program

Phase IV (>20 weeks)

GOALS:

Return to sport specific activities

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**UCSF Orthopaedic Institute**

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**UCSF Health**  
Sports Medicine

**EXERCISES/RESTRICTIONS:**  
Advance to sport specific activities

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