



# REVERSE TOTAL SHOULDER ARTHROPLASTY

Phase I: Passive range of motion Pendulums to warm up

Phase II: Active range of motion with terminal stretch Pendulums to warm up

Phase III: Resisted plus continue Phase II Pendulums to warm up SLING FOR 4 WEEKS INCLUDING SLEEP, THEN WEAN OFF AS TOLERATED

## PHASE I:

- 0-1 weeks Begins immediately post op Scap stabilizer isometrics Begin Phase I in the supine position for elevation and external rotation progress as tolerated to upright; Pulleys for home use; external rotation not to exceed 25° unless Dr specified. No internal rotation behind back; No extension behind plane of trunk

## PHASE II:

- Begin week 3: When Phase II is initiated, return to supine for elevation and progress to upright Continue external rotation to 30° until four weeks postop, then gradually progress

## PHASE III:

- Begin week 5; Progress as soon as tolerated:
  - » A. Isometric strengthening forward flexion, external rotation, extension, and abduction Shrugs, rows, scapular, protraction
- Begin week 7:
  - » B. Theraband strength, ok to begin gentle IR strengthening
- Begin week 9:
  - » C. Light weight training OK at least 2 full months post op. Heavy lifting is discouraged- high rep, low total weight

LIFETIME LIFTING MAXIMUM 25#’S. NO STRENUOUS PUSHING OR PULLING RECOMMENDED.