

# Sheena Black, MD

Orthopedic Surgeon

Sports Medicine Specialist



www.sheenablackmd.com

## REVERSE TOTAL SHOULDER ARTHROPLASTY

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
<b>Phase I</b>  <b>Weeks 0-6</b> PT 1- 2x/week HEP daily	Protect subscap repair  Edema and pain control	Week 1: FF 90°, ER 0° Week 2: FF 120°, ER 0° Week 6: FF 140°, ER 30°  Limit ER to neutral x2 weeks No ER >30°, active IR (weeks 2-6) No backward extension (BE) No scapular retractions Limit abduction 75°	Sling when not doing exercises  D/c sling at 4 weeks	No resisted elbow flexion  Elbow, wrist, hand ROM Codman/Pendulum Passive supine forward flexion as tolerated Scapular mobility and stability (side-lying) Deltoid isometrics Posture training
<b>Phase II</b>  <b>Weeks 6-12</b> PT 1- 2x/week HEP daily	Protect subscap repair  Avoid painful ADL's	FF 150°, ER 45°  No resisted IR/BE  Avoid BE/IR/Adduction  No resisted scapular retractions	None	Advance P/AA/AROM Cane/pulley Passive IR in 60° abduction Rhythmic stabilization at 120° Submaximal isometrics ER/FF/ABD Closed chain kinetic exercises Scapular stabilization Anterior deltoid/teres strengthening
<b>Phase III</b>  <b>Weeks 12-24</b> PT 1- 2x/week HEP daily	Improve strength  Improve endurance  Avoid painful ADL's	Full	None	Begin AA→AROM IR/BE Advance strengthening as tolerated Closed chain scapular rehab Functional strengthening focused on anterior deltoid and teres Maximize scapular stabilization
<b>Phase IV</b>  <b>Weeks 24+</b> HEP daily	Independent HEP	Full	None	Progress strengthening, flexibility, and endurance

**IF QUESTIONS: PLEASE CALL 469-800-7200**