



Reverse Total Shoulder Arthroplasty

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
Phase I Weeks 0-6 PT 1-2x/ wk 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
Phase II Weeks 6-12 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
Phase III Weeks 12-24 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
Phase IV Weeks 24+ HEP daily	Independent HEP	Full	None	Progress strengthening, flexibility, and endurance