

## Reverse Total Shoulder Arthroplasty

Post-Op	Goals	Precautions	Exercises
<b>Weeks 0-6</b>  PT 1-2x/week  HEP daily	Edema and pain control Protect subscap repair <u>Active Assisted</u> Week 1: FF 90°, ER 0° Week 2: FF 120°, ER 10° Week 6: FF 140°, ER 30°	Sling when not doing exercises DC sling at 4 weeks Limit ER to neutral for 2 weeks No ER >30°, active IR (Weeks 2-6) No backward extension (BE) No scapular retractions Limit abduction 75° 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 Advance P/AA/AROM
<b>Weeks 6-12</b>  PT 2-3x/week  HEP daily	Protect subscap repair FF 150°, ER 45°	No sling No resisted IR/BE Avoid BE/IR/adduction No resisted scapular retractions Avoid painful ADLs	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>Weeks 12-24</b>  PT 1-2x/week  HEP daily	Full ROM Improve strength Improve endurance	No sling Avoid painful ADLs	Begin AA to AROM IR/BE Advance strengthening as tolerated Closed chain scapular rehab Functional strengthening focused on anterior deltoid and teres Maximize scapular stabilization
<b>Weeks 24+</b>  HEP daily	Maximal ROM Independent HEP	None	Progress strengthening, flexibility, and endurance

**\*PATIENT MAY ONLY BE 2-5LB. WEIGHT-BEARING FOR THE FIRST 3 MONTHS**