**REVERSE TOTAL SHOULDER ARTHROPLASTY**

**Postop:**

**0-4 Weeks HOLD PT, wear sling for 4 weeks**

Begin Day 1:

1. Pendulum exercises 3x/day minimum
2. Elbow and wrist AROM 3x/day

**4-6 weeks ROM limited with flexion to 0-150º ER to 30º and abduction 90º**

 1. PROM all ranges within limitations

 2. Light AAROM including pulley and wand exercises, progressing

 as tolerated within ROM restrictions

 3. Manual resisted scapular motions

 4. Gentle Isometrics, except IR

 5. Modalities as indicated

**>6 Weeks** 1. Initiate Thera-Band exercises

2. Emphasis on quality of exercise with postural education

 3. Scapular stabilizing exercises

 4. Add IR resistance

**DISCHARGE TO INDEPENDENT PROGRAM WHEN ROM PLATEAU REACHED**