

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 0-150° ER to 30° and abduction 90°**

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