



REHABILITATION GUIDELINES  
REVERSE TOTAL SHOULDER ARTHROPLASTY WITH FORMAL SUBSCAP REPAIR

PHASE 1: IMMEDIATE POST-OP TO POD #28

DOS:

- Sling X4 weeks, including sleep. Okay to immediately remove sling while seated for light use of arm at a desk/table level. e.g. keyboarding, reaching for face to feed or for hygiene, light ADL's
- Pendulums to warm up
- Scapular stabilization, AROM elbow, wrist, forearm, and hand
- Immediate AAROM
  - Forward elevation to full, pulley or therapist assist above 90 deg
  - ER to 30 deg with arm at side, stick assisted
  - No IR behind back during this phase
  - Scaption is okay, no direct abduction into "painful arc"
- 1lb lifting maximum
- No pushing or pulling
- Do not use arm to push up from seated position

PHASE 2: POD 29-56

DATE:

- Sling use discontinued
- Begin true AROM with gentle terminal stretch
- Forward elevation to full, ER to 40 deg, gentle IR behind back begins, scaption is okay. No direct abduction, into "painful arc"
- Isometric ant, post, mid deltoid, ER and biceps strengthening at 6 weeks
- Slowly increase lifting max from 1lb to 5lb
- Avoid heavy push/pull
- Use arm as much as possible for all light ADL's

PHASE 3: POD 57-85 (3<sup>RD</sup> MONTH)

DATE:

- End range stretching in all planes, slow and steady, especially ER. Continue to avoid "painful arc", i.e. abd >70 deg
- Progressive strength training, beginning with bands and progressing to light hand weights, high reps, low resistance

PHASE 4: 4<sup>TH</sup> MONTH

DATE:

- Continue end range stretching
- Progressive strength training- steady incremental advancements, begin work hardening if applicable.

PHASE 5: BEYOND 4<sup>TH</sup> MONTH

DATE:

- Unrestricted use as tolerated
- Avoid contact sports, manual labor, and throwing