



REHABILITATION GUIDELINES
REVERSE TOTAL SHOULDER ARTHROPLASTY **WITHOUT** FORMAL SUBSCAP REPAIR

PHASE 1: IMMEDIATE POST-OP TO 1 MO

DOS:

- Sling as needed for comfort. Wean from use as tolerated
- Light use of arm for ADL's, increased as pain permits
- Immediate AAROM and AROM with gentle terminal stretching in all planes except direct abduction into "painful arc" position. Pulley use is encouraged.
- Pendulums to warm up
- Immediate scapular stabilization exercises, AROM elbow, wrist, forearm, and hand
- Avoid heavy pushing and pulling
- Avoid using surgical arm to push up body weight from seated position

PHASE 2: POD 29-3 MO

DATE:

- Continue AROM with terminal stretch to maximize ROM in all planes
- Sling use discontinued
- When functional ROM reasonable, begin isometric deltoid strengthening (ant, post, and middle heads) and ER strengthening. Scap stabilizer strengthening.
- Progress as tolerated to theraband strengthening with high reps
- Slow, steady, incremental increase in lifting, limit as tolerated. Avoid sudden, dramatic increase in load demand.
- Avoid heavy push/pull
- When progressed to stiffest theraband, initiate use of hand weight with high reps (>15 per set)

PHASE 3: BEYOND 3 MO P/O

DATE:

- Continue to stretch and progress strengthening as tolerated
- Unrestricted use of shoulder as tolerated, but recommend slow, steady progressive challenges to shoulder to achieve functional goals
- Avoid contact sports, throwing overhead, and heavy manual labor