



Reverse Shoulder Arthroplasty -NO SUBSCAPULARIS REPAIR -

General:

- Slingshot for 2 weeks. Regular sling for an additional 3 weeks as needed
- ROM should be progressed pain-free; do not push IR or cross-body adduction
- No passive over-pressure
- Limit ER to ~45 deg, FE to ~120 deg, and no IR behind back

Phase 0 – Quiet

Week 0-2:

- Quiet in sling with elbow/wrist/hand
- Begin active scapular retraction/protraction exercises with therapist cueing

Phase 1 – Passive

Week 2-4:

- Supine External Rotation – 0 degrees or 20 degrees (see orders)
- Supine Forward Elevation – 90 degrees
- No Internal Rotation

Phase 2 – Active

Week 7-9:

- *Active Range of Motion with Passive Stretch to prescribe limits*
- Supine -> Seated Forward Elevation – Full
- Supine -> Seated External Rotation - gradually increase to 45°
- Internal Rotation – gradually increase to full

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TENNESSEE ORTHOPAEDIC ALLIANCE

Phase 3 – Resisted

Week 7-11:

- *No pendulums and continue with Phase 2*
- *Scapular mobilization*
- External and Internal Rotation – standing forward punch
- Seated Rows/Shoulder Shrugs
- Bicep Curls/Bear Hugs
- Concentrate on deltoid strengthening

Week 12: Weight Training

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- (No military press, pull-down behind head, or wide grip bench)

Return to Activity

Computer	4 weeks
Golf	3 months
Tennis	4 months

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