



REHABILITATION GUIDELINES  
REVERSE TOTAL SHOULDER ARTHROPLASTY

**Phase I** Passive range of motion

Pendulums to warm up

**Phase II** Active range of motion with terminal stretch

Pendulums to warm up

**Phase III** Resisted plus continue Phase II

Pendulums to warm up

*SLING FOR 4 WEEKS INCLUDING SLEEP, THEN WEAN OFF AS TOLERATED*

PHASE 1: 0-1 WEEKS

DOS:

Begins immediately post op

Scap stabilizer isometrics

Begin Phase I in the supine position for elevation and external rotation progress as tolerated to upright; Pulleys for home use; external rotation not to exceed 30° unless Dr specified.

**No internal rotation behind back; No extension behind plane of trunk**

PHASE 2: WEEK 3

DATE:

When Phase II is initiated, return to supine for elevation and progress to upright

Continue external rotation to 30° until four weeks postop, then gradually progress

PHASE 3:

Begin week 5; Progress as soon as tolerated:

- A.** Isometric strengthening forward flexion, external rotation, extension, and abduction  
Shrugs, rows, scapular, protraction

Begin week 7:

- B.** Theraband strength, ok to begin gentle IR strengthening

Begin week 9:

- C.** Light weight training OK at least 2 full months post op. Heavy lifting is discouraged-  
high rep, low total weight

**LIFETIME LIFTING MAXIMUM 25#'S. NO STRENUOUS PUSHING OR PULLING RECOMMENDED.**