

REVERSE TOTAL SHOULDER ARTHROPLASTY

Dr. Levene

(2/2015)

- 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 I

0-1 weeks 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 II

Begin week 3:
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 III

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.