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 STRENVOUS PUSHING OR PULLING RECOMMENDED.