



REHABILITATION GUIDELINES FOR
REVERSE TOTAL SHOULDER ARTHROPLASTY (WITHOUT TUBerosITY REPAIR)

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| Appointments | <ul style="list-style-type: none">• Physical therapy for 1-2 visits prior for training on devices, home program<ul style="list-style-type: none">○ Start elbow and hand ROM immediately○ Ensure patient receives education on pendulums to start at 3 weeks post-op• Start physical therapy at 6 weeks post-op |
| Rehabilitation Goals | <ul style="list-style-type: none">• Full return to painfree ADL's |
| Precautions | <ul style="list-style-type: none">• Slow progression of ER ROM to protect repaired tissues |
| Suggested Therapeutic Exercises | 6 weeks post-op <ul style="list-style-type: none">• May start strengthening and ROM at this time. Progress as tolerated. |