

Reverse Total Shoulder Arthroplasty

Phase I&II - (Active)/Sect. G Pendulums to warm-up.
Passive range of motion to start
Active range of motion with passive stretch to prescribe limits.

Weeks 1-9
Supine-seated external rotation- gradually increase to full
Supine-seated forward elevation- progress as tolerated to full
Internal rotation- gradually increase to full

Phase III – (Resisted)/Sect.H Pendulums to warm up and continue with phase II.
Scapular mobilization

Week 10
External and internal rotation
Standing forward punch
Seated rows
Shoulder shrugs
Bicep curls
Bear hugs

Weight Training

Week 12
Keep hands within eyesight, keep elbows bent.
Minimize over head activities
(No military press, pull down behind head, or wide grip bench)

Return to Activities

Computer	4 weeks
Golf	3 months
Tennis	4 months