

REVERSE TOTAL SHOULDER ARTHROPLASTY



Post-op protocol for **Daniel Myer, M.D.**

Sling Use:

Sling for 2-3 weeks, then may remove when comfortable
Do not use the arm to push or pull out of a chair or bed

Phase I: (Passive)

Week 1-3

- Pendulums to warm-up
- Passive Range of Motion
- Supine External Rotation to 30 degrees
- Supine Forward Elevation to 130 degrees
- No Internal Rotation
- May progress to active assisted motion as tolerated
- Wall Walks and Table slides

Phase II:
(Active/Assistive)

Week 4-6

- Pendulums to warm-up
- Active Assistive ROM with Passive Stretch to full
- Supine External Rotation – gradually increase to full
- Supine Forward Elevation – progress as tolerated to full
- Internal Rotation – gradually increase to full
- Start Isometric Deltoid Contractions
- Continue Push Full ROM with Wall Walks/Table Slides
- WATCH FOR POSTERIOR ACROMION PAIN=STRESS FRX

Phase III: (Resisted)

Week 8

- Pendulums to warm-up and continue with phase 2
- Scapular mobilization
- Internal Rotation – Continue to increase to full
- Deltoid Strengthening
- Standing forward punch
- Rows
- HEP
- PRE's for Periscapular strengthening

Return to activities:

Immediately

Computer, eating, holding a book, typing, writing

4 months

Golf, Tennis