

Reverse Total Shoulder Arthroplasty

Immediate Post-operative Period – 4 weeks

- Wear sling in public and to sleep
- NO ROM x 4 weeks
- Ice 3-4x daily
- AVOID EXTENSION, EXTERNAL ROTATION

4-8 weeks (Goals: Increased Function and range of motion)

- Deltoid re-education in supine position
- No resistive exercises
- No weights
- Active range of motion – supine (no weights)

8+ weeks

- GENTLE deltoid strengthening (1-2 pounds)
- Re-establish functional motion (for use with ADLs)