

# Rehabilitation Protocol

Dr. Sara Edwards



## **REVERSE TOTAL SHOULDER ARTHROPLASTY**

*Remain in the sling at all times for 6 weeks after surgery.  
No Therapy for 6 weeks or until cleared by Dr. Edwards*

### **WEEK 1-6**

**Axillary Care**  
**Unrestricted elbow, hand ROM**

### **WEEK 6-12**

**Active assisted external rotation to 40 degrees**  
**Supine and seated forward elevation 150 degrees to full as tolerated**  
**Internal Rotation- gradually increase to full as tolerated**  
**Progressive supine press**  
**Scapular mobilization**

### **WEEK 12-16**

**Strengthening**

**Return to Activities**

**\*\*Avoid extending arm behind body and pushing off, especially when getting into bed and out of a chair\*\***

**Computer tasks- as soon as tolerated.**

**Golf- 3 months**

**Tennis- Not advised**

**Skiing- Not advised**