Arakua Welbeck, MD
Reverse Total Shoulder Arthroplasty
Midwest Orthopaedic Center - Peoria, IL

	PRECAUTIONS	ROM	EXERCISES
Phase 1: 0-2 weeks **HEP ONLY**	May remove dressing and shower P.O. DAY #5 Ultrasling at all times No lifting > 2-3# with hand **PROTECT SUBSCAP**: Avoid IR behind back and Extension	No shoulder ROM	Hand, Wrist, Elbow AROM 3x/day (Out of sling)
Phase 2: 2-8 weeks **Therapy 2-3x/week**	May remove the bolster. May remove the sling as tolerated, at home, during the day. **PROTECT SUBSCAP**: Avoid resisted Internal Rotation / Pulling Avoid IR behind back and Extension No Strengthening	Scaption to 130° ER to 30° (protect subscapularis) No IR behind back No extension past body	Progress to PROM, AAROM, gentle AROM of the shoulder Pulleys for HEP UBE Pendulums
Phase 3: 8-12 weeks **Therapy 2-3x/week**	10# Lifting restriction until 12-weeks post-op	Full PROM (for the procedure)	Advance AROM Advance stretching Initiate IR behind the back Initiate gentle deltoid and RTC strengthening. Begin with Isometrics. Scapular stabilization NO overhead strengthening
Phase 4: 3+ months	none	Full AROM (for the procedure)	Low level functional activity at 3 months (swimming, aerobics) High level activities at 4 months (golf, tennis, light gym weights)

MD post op appts: 2 weeks, 6 weeks, 12 weeks;
Please send therapy progress notes prior to each of these MD appts.
This protocol is not a substitute for clinical decision making of the health care professional.
Please see therapy referral for any specific post op instructions; Call for op-reports if needed.

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