

REVERSE SHOULDER ARTHROPLASTY PT Protocol

Precautions

- Sling-use as needed for pain control
- PROM-unlimited within pain free ranges
- AROM-unlimited within pain free ranges

Exercises (0-6 weeks)

- Pendulum
- Shoulder, Elbow and Wrist AROM
- Seated Scapular Retraction
- Seated or Standing Table Slides
- Four Quadrant Stretching

Goals

- Passive Flexion > 120 degrees
- Passive ER (at side) > 45 degrees
- Active Flexion in standing to >100 degrees with minimal compensation
- Pain Free at Rest
- Restore functional use of involved extremity for all required ADLs, including return to work when cleared by surgeon