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## Reverse Total Shoulder Arthroplasty – No Subscapularis Repair

Name: \_\_\_\_\_ Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### Phase I: Passive (Weeks 1 to 4)

- Supine external rotation – 0 degrees or 20 degrees (see orders)
- Supine forward elevation – 90 degrees
- No internal rotation

### Phase II: Active (Weeks 5 to 6)

- Regular sling for five weeks
- Active range of motion with passive stretch to prescribed limits
- Supine → seated external rotation – gradually increase to full
- Supine → seated forward elevation – progress to seated
- Internal rotation – gradually increase to full

### Phase III: Resisted (Week 7)

- **No pendulum**, continue with Phase II
- Scapular mobilization
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Bicep curls
- Bear hugs
- Concentrate on deltoid strengthening

### Weight Training (Week 12)

- Keep hands within eyesight and elbows bent
- Minimize overhead activities
- **No** military press, pull-down behind head or wide grip bench

### Return to Activities

- Computer: 4 weeks
- Golf: 3 months
- Tennis: 4 months