

---

## Reverse Total Shoulder Arthroplasty – Subscapularis Repair

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

- UltraSling for three weeks, regular sling for an additional five weeks
- ROM should be progressed pain-free; do not push internal rotation or cross-body adduction
- No passive over-pressure

### Phase 0: Quiet (Weeks 0 to 1)

- Quiet in sling with elbow/wrist/hand
- Begin active scapular retraction/protraction exercises with therapist cueing
- No protraction until six weeks

### 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)

- 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, keep 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

