

MATTHEW J. DUBIEL M.D.

SHOULDER AND ELBOW SURGERY

REVERSE SHOULDER ARTHROPLASTY

	ROM	IMMOBILIZER	EXERCISES
PHASE 1 0-3 Weeks	No shoulder motion until after your first post-operative visit	0-3 Weeks: Worn at all times day and night. Off for hygiene and gentle exercise only.	0-3 Weeks: Elbow/Wrist/Hand ROM at home Light activities of daily living
Phase II 3-12 Weeks	Increase as tolerated Begin active/active assisted IR and extension as tolerated	None	6 weeks: Start 6 week exercises-See handout 6-8 weeks: Begin light resisted ER, forward flexion and abduction Focus on anterior deltoid, teres 8-12 weeks: Begin resisted IR, extension and scapular retraction
Phase III 12-24 Weeks	Progress to full without discomfort	None	Advance strength training as tolerated Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres Maximize scapular stabilization

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