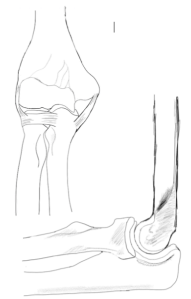


MATTHEW J. DUBIEL M.D.
Shoulder and Elbow Surgery



Reverse Shoulder Arthroplasty for Fracture

	ROM	IMMOBILIZER	EXERCISES
PHASE I 0-2 weeks	Elbow, wrist and hand ROM	0-2 weeks: Worn at all times day and night Off for gentle exercise only 2-4 weeks: Worn daytime only	0-2 weeks: Grip strengthening, pendulum exercises, elbow/wrist/ hand ROM at home No shoulder therapy
PHASE II 2-6 weeks	Pendulum along with wrist, elbow and hand ROM,	Sling on when up and active	2-6 weeks: Grip strengthening, pendulum exercises, elbow/wrist/ hand ROM at home No shoulder therapy
PHASE III 6-12 weeks	Passive, active assist, and active ROM within pain free range	No sling needed	Begin scapular stabilization exercises and home stretching (wand and/or pulley, etc.) , ER to neutral External rotation beyond neutral after 12 weeks NO external rotation or internal rotation resistance at any time Non-ER and non-IR resistance allowed at 10 weeks if satisfactory range of motion achieved