

## **Reverse Total Shoulder Arthroplasty**

### Phase I: (1-6 weeks)

Sling 3-4 weeks (6 weeks for revision)  
PROM (FF to 90, ERS to 20-30 degrees)  
Elbow/wrist/finger ROM exercises  
3 weeks – FE 120 deg / ER to tolerance

### Phase II: (6-10 weeks) – Protection Phase

6 weeks – Advance PROM ER to 50 degrees  
Begin AAROM as appropriate  
Scapular stabilization  
9 weeks – AROM FF with light weights

### Phase III: (>12 weeks) – Return to Activity

Enhance function  
No lifting > 6 pounds