

Reverse Total Shoulder Arthroplasty Protocol
Twin Cities Orthopedics
Dr. Mair

WEEKS 0-4

- Sling should be worn for comfort and for sleeping
- Active distal extremity exercises (elbow, wrist and hand).
- Passive range of motion
- AAROM in supine with wand and seated with pulley

WEEKS 5-6

- Discontinue use of sling
- Scapular stabilization exercises
- Continue Active assisted range of motion with wand and pulley

WEEKS 7 PLUS

- Begin gentle isometric strengthening exercises
- Progress into light PRE's
- No lifting > 25 pounds

Questions regarding the progress of specific patient are encouraged and should be directed to 952 442-8201 or to rehabprotocols@tcomn.com.