
Reverse Total Shoulder Arthroplasty – No Subscapularis Repair

Name: _____ Date: ____ / ____ / ____

Phase I: Passive (Weeks 1 to 4)

- Supine external rotation – 0 degrees
- Supine forward elevation – 90 degrees
- No internal rotation

Phase II: Active (Weeks 5 to 6)

- Regular sling for six weeks
- 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)

- 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 and elbows bent
- Minimize overhead activities
- **No** military press, pull-down behind head or wide grip bench