
Reverse Total Shoulder Arthroplasty – Subscapularis Repair

Name: _____ Date: ____ / ____ / ____

- Sling for six weeks
- ROM should be progressed pain-free; do not push internal rotation or cross-body adduction
- No passive over-pressure

Phase 0: Quiet (Weeks 0 to 1)

- Quiet in sling with elbow/wrist/hand
- Begin active scapular retraction/protraction exercises with therapist cueing
- No protraction until six weeks

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)

- Active range of motion with passive stretch to prescribed limits
- Passive supine → seated external rotation – 30 degrees
- Supine → seated forward elevation – progress to seated

Phase III: Resisted (Week 7)

- Continue with Phase II
- Scapular mobilization
- External and forward elevation – progress to full as tolerated
- Internal rotation – gradual increase as tolerated
- Standing forward punch
- Seated rows
- Shoulder shrugs
- Bicep curls
- Bear hugs
- Concentrate on deltoid strengthening

Weight Training

Week 12

- Keep hands within eyesight, keep elbows bent
- Minimize overhead activities
- **No** military press, pull-down behind head or wide grip bench