Delta Reverse Total Shoulder Arthroplasty Rehabilitation: CPM

**Phase 1**

**Sling**
1) Sling use for comfort
2) May be out of sling during non “at risk” activities
3) Discontinue as tolerated after week 6

**Weeks 0-6**
1) Hand, wrist and forearm active motion
2) Active scapular motion (shrugs, retraction)
3) NO RESISTANCE
4) Begin Continuous Passive Motion (CPM) Machine in all planes
   a) Begin with 5-10 min warm-up 5 degrees below prior days progress
   b) Advance to prior days progress for 15-30 minutes
   c) Gradually increase 1-2 degrees as tolerated every 20-30 minutes
   d) Increase 5-10 degrees/day until **External Rotation is to 50 degrees (10 degrees from neutral)**, and forward elevation has surpassed 140 degrees
   e) Use the CPM daily for a total of 4-6 hours/day

**Phase 2**

**Weeks 7-9**
1) Begin active assisted shoulder motion in all planes – (no restrictions unless otherwise specified)
   - Forward elevation, External / Internal rotation, Extension, Abduction
2) Initiate independent Home exercise program
   AAROM to AROM All Planes Daily 2-3x/day

**Weeks 10 –12**
1) Advance to full active motion (all planes)
2) Continue facilitating scapular stability
3) May begin gentle resistance below 90 degrees
4) Add upper body ergometer for ROM

**Phase 3**

**Week 13**
1) Continue motion as needed
2) Progress to resistance with activities above shoulder level
3) Maintain proper scapulohumeral rhythm
4) Emphasize continued independent home stretching
5) Transition to Independent HEP

**Week 16**
1) Advance activity as tolerated
2) Maintenance Program
   - Daily Stretching (all planes)
   - Strengthening 2-3 times / week max