



## 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, NO ACTIVE BICEPS
- 2) Active scapular motion (shrugs, retraction)
- 3) 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 60 degrees** (20 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
- 3) 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

Please check our website for updates: <http://www.rcmclinic.com>

