



Delta Reverse Total Shoulder Arthroplasty Rehabilitation

Phase 1

Sling

- 1) Full time use for first 6 weeks
- 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) PASSIVE shoulder motion in all planes
- 4) Independent HEP: PROM: ER with caregiver, shrugs, scapular retraction
- 5) NO ACTIVE BICEPS

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) Home exercise program : AAROM – AROM: wand exercise for external rotation, wall climbs, table slides,

Weeks 10 –12

- 1) Advance to full active motion (all planes)
- 2) Continue facilitating scapular stability
- 3) Gentle resistance below 90° (all planes)
- 4) Add upper body ergometer

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

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

