

POST-OP REHABILITATION GUIDELINES:

REVERSE SHOULDER ARTHROPLASTY/PROXIMAL HUMERUS ORIF

1-4 Weeks	• Sling Immobilization • Active ROM Elbow, Wrist and Hand • No shoulder extension or behind the back internal rotation (keep elbow within eyesight) • True Passive (ONLY) ROM Shoulder. NO ACTIVE MOTION ○ Pendulums (3-5x/day) ○ Supine Elevation in Scapular plane → progress to 120 degrees by 4 weeks ○ Gentle passive ER at 30 degrees in scapular plane (DO NOT exceed 30 degrees ER) ○ NO FORCED ABDUCTION! • Scapular Stabilization exercises (sidelying) • Encourage home exercises
4-12 Weeks	• Discontinue sling use • 2lb lifting restriction. Use arm for ADLs • Avoid quick jerking movements • Isometric exercises for forward flexion, abduction, ER, extension at neutral ○ No resisted IR (protect subscapularis repair) • Begin Active Assist ROM with slow progression to AROM by 8 weeks post-op ○ Gentle passive stretching at end ROM ○ After 8 weeks start progressing to full AROM in all planes without discomfort • Elevation in scapular plane and external rotation as tolerated • NO FORCED ABDUCTION! • Begin scapular shrugs, protraction, retraction at 8 weeks without glenohumeral motion • No Internal rotation or behind back until 10 weeks • Encourage home exercises
3-12 Months	• No weight restriction, but gradual progression of resistance exercises • Advance strengthening as tolerated: rotator cuff, deltoid, scapular stabilizers ○ Focus on deltoid strengthening • Ok to begin resisted internal rotation and extension • NO FORCED ABDUCTION!