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Reverse Total Shoulder Arthroplasty- Subscapularis Repair

Regular sling 5 weeks

*ROM should be progressed pain-free; do not push internal rotation or cross-body adduction

*No passive over-pressure

Phase 0 – (QUIET)

Week 0-1 Quiet in sling with elbow/wrist/hand

Begin active scapular retraction/protraction exercises with therapist cueing

No protraction until 6 weeks**

Phase 1 - (PASSIVE)

Week 1-4 Supine External Rotation – 20 degrees

Supine Forward Elevation – 90 degrees

No Internal Rotation

Phase 2 – (ACTIVE) *Active Range of Motion with Passive Stretch to prescribed limits*

Week 5-6 Supine-Seated External Rotation – Gradually increase to full

Supine-Seated Forward Elevation – Progress to Seated

Internal Rotation – Gradually increase to full

Phase 3 - (RESISTED) *NO Pendulum, continue with phase 2.*

Scapular mobilization

Week 7 External and Internal Rotation

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)

Return to Activities Surgeon Comments

Computer- 4 weeks; Golf-3 months; Tennis- 4 months