



**ROSENBERG COOLEY METCALF**  
THE ORTHOPEDIC CLINIC AT PARK CITY  
www.rcmclinic.com

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## **Delta Reverse Total Shoulder Arthroplasty Rehabilitation**

### **Phase 1**

#### **Sling**

- 1) Full time use for first 6 weeks while awake
- 2) May be out of sling for hygiene and range of motion exercises
- 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) **NO RESISTANCE INCLUDING BICEPS**
- 5) Independent HEP: PROM: ER with caregiver, shrugs, scapular retraction

### **Phase 2**

#### **Weeks 7- 12**

- 1) Begin active assisted shoulder motion in all planes – (**NO internal rotation up the back**)
- 2) Home exercise program: AAROM – AROM all planes 2-3 times daily
- 3) Continue facilitating scapular stability

### **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
- 6) Advance activity as tolerated
- 7) Maintenance Program
  - Daily Stretching (all planes)
  - Strengthening 2-3 times / week

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

