



# TEXAS ORTHOPEDICS

## SPORTS & REHABILITATION ASSOCIATES

A DIVISION OF OrthoLoneStar

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**Patient Name:**

**Date of Surgery:**

### **PHYSICAL THERAPY PRESCRIPTION:**

#### **Reverse Shoulder Arthroplasty**

#### **Key Considerations for Rehab**

- If Reverse was done for fracture, you may accelerate the rehab timing to assist with safe gait training
- Important to get into PT early and often
- Sports like Golf and Tennis usually commence around 3-4 month time period

#### **0-1 Weeks**

- Quiet in sling
- Ok for motion at the elbow wrist and hand

#### **1-2 Weeks**

- Supine ER
- Supine forward elevation to 90 degrees

#### **2-6 Weeks**

- Supine ER increase to 45 degrees
- Supine forward elevation progress as tolerated
- IR to the belt line

#### **6 Weeks and beyond**

- Increase all above passive motion to as tolerated
- Begin active motion
- Around 10 weeks progress to resistance training