

Name _____

Date _____

Physician _____



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**Patient
Flow Sheet**

Reverse Total Shoulder Arthroplasty- No Subscapularis Repair

*Regular sling or 5 weeks.

**No Pendulums

Phase 1 - (PASSIVE)

Week 1-4 Supine External Rotation – 0 degrees or 20 degrees (see orders)
 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.*

Week 7 *Scapular mobilization*
 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

Computer	4 weeks
Golf	3 months
Tennis	4 months

Surgeon Comments

Therapist Name _____