

PETKOVIC REVERSE TOTAL SHOULDER

Ok to have ROM of elbow, wrist, and fingers now. No ROM of shoulder until 4 weeks post op and then discontinue sling.

4 WEEKS AFTER SURGERY: start active range of motion in the supine position with no weights and deltoid re-education in the supine position with no weights and no resistive exercises starting

8 WEEKS AFTER SURGERY: begin gentle deltoid strengthening (1-2 lbs) and re-establish function motion for use with ADL'S

12 WEEKS AFTER SURGERY: No restrictions