

Reverse Geometry Shoulder replacement

	Reverse Geometry Shoulder replacement			
	sling 4 weeks			
	see op note for surgical approach			
	No pushing up from chair for 4 weeks			
	Post op - Week 1	Week 1-4	Week 4-6	Weeks 6+
active elbow / wrist /hand	•			
pendular (at 2 weeks if for trauma)		•	•	•
passive elevation (supine in scapular plane)		•		
Passive External rotation		• (restrict to 30°)		
scapula setting	•	•	•	
active assisted elevation (supine in scapular plane)			•	•
active assisted external rotation			•	•
isometric strengthening				•
active ROM all ranges				•
Deltoid regime			•	•
Strengthen through range				•

Milestones	
Week 6	Passive ROM to pre-op level
Week 12	Active ROM to at least pre-op level

Return to function	
return to work	sedentary job - as tolerated Manual job - 4 months
Driving	6 -8 weeks
Swimming	12+ weeks, depending on ROM and control
Golf	4 months