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**REVERSE TOTAL SHOULDER ARTHROPLASTY  
POST-OPERATIVE PHYSICAL THERAPY PROTOCOL**

**Immediate Post-operative Period – 4 weeks**

- Wear sling in public and to sleep
- NO ROM x 4 weeks
- Ice 3-4x daily
- **AVOID EXTENSION, EXTERNAL ROTATION**

**4-8 weeks (Goals: Increased Function and range of motion)**

- Deltoid re-education in supine position
- No resistive exercises
- No weights
- Active range of motion – supine (no weights)

**8+ weeks**

- GENTLE deltoid strengthening (1-2 pounds)
- Re-establish functional motion (for use with ADLs)