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**Post-Op Protocol for Gregory V. Gomez, MD**  
**Reverse Total Shoulder Arthroplasty**

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Week 0-2

- Maintain sling use
- Pendulum hangs, passive ER, table slides
- Overhead pulleys
- Scapular retractions
- No lifting > weight of coffee cup
- No weight bearing through arm until post op week 3

Week 2-6

- Maintain sling use until week 3
- Continue home exercises program
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- If patient wants to do PT, begin at 4 weeks post op
  - ROM exercises
  - Deltoid isometrics
  - Continue to use pulleys
- Use arm for ADLs
- No lifting > 3-5 lbs
- Do not bear down through arm until 6 weeks post op

Week 6-12

- Continue deltoid strengthening and stretching
- No lifting > 10 lbs

Week 12

- Use arm as tolerated
- No lifting > 15 lbs