

HOME EXERCISE PROGRAM

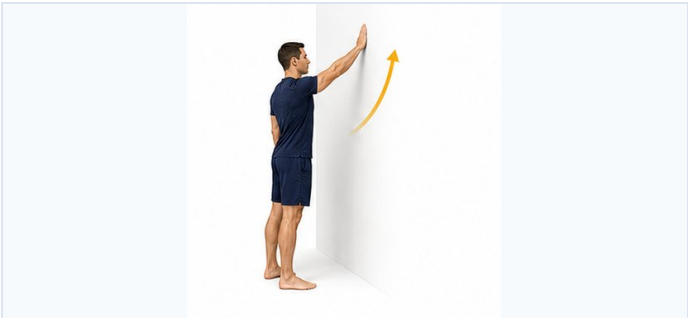
Post-Reverse Total Shoulder Exercises

Your staged exercise progression after reverse total shoulder replacement

These are the gentle range-of-motion and strengthening exercises Dr. Pettit will progress you through after your reverse total shoulder replacement, timed to your post-operative visits. Do them slowly and only within the limits Dr. Pettit gives you. Continue to wear your sling while sleeping and in public until you are told otherwise, and do not rotate your operated arm outward past the limit you are shown.

FIRST POST-OP VISIT (ABOUT 2 WEEKS)

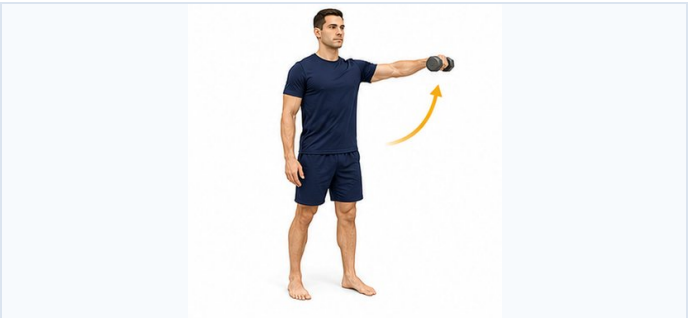
Gentle range of motion. Do each in sets of 10, 3–5 times daily. Keep your shoulder against the wall so it does not rotate outward. Goal: reach at least 90° of forward elevation by your next visit.



Wall-Supported Forward Elevation

Sets of 10, 3–5×/day

Stand with your operated shoulder against a wall. Slowly lift your arm in front of you as high as comfortable, keeping the shoulder against the wall so it does not rotate outward.



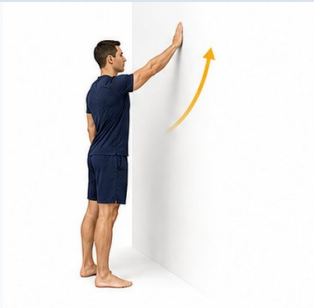
Assisted Forward Elevation

10-sec holds, sets of 10, 3–5×/day

Use your other arm to gently help lift the operated arm forward until you reach light resistance. Hold 10 seconds and slowly release. The non-operated arm should do only about 10% of the work.

SECOND POST-OP VISIT (ABOUT 6 WEEKS)

Continue range of motion and add gentle rotation. Sets of 10, 3–5 times daily. You may begin removing the sling more during the day for activities in front of you.



Forward Elevation — Wall Walk

Sets of 10, 3–5×/day

Face the wall and “walk” your fingertips up the wall to lift your arm forward as high as comfortable, then slowly lower back down.



External Rotation

Sets of 10, 3–5×/day

Gently begin rotating your arm outward. You may use your non-operated arm to apply light pressure. Stay within the limit Dr. Pettit gives you.



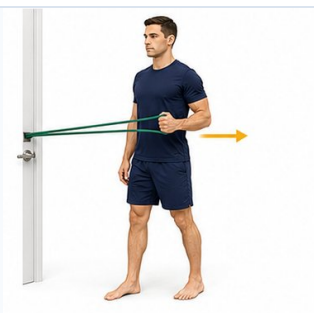
Internal Rotation

Sets of 10, 3–5×/day

Begin reaching behind your back. This is usually the most difficult motion after shoulder replacement — progress gently and never force it.

THIRD POST-OP VISIT — STRENGTHENING

Light resistance strengthening. Perform 3 sets of 10 repetitions, 2–3 times per day. If using a resistance band, start with light resistance and increase gradually.



External Rotation (Banded or Dumbbell)

3 sets × 10, 2–3×/day

Keep your elbow at your side and turn your hand outward against light resistance. Return slowly and with control.



Forward Raise

3 sets × 10, 2–3×/day

With light resistance, lift your arm in front of you to about shoulder height — higher as tolerated. Lower slowly.



Wall Push-Up

3 sets × 10, 2–3×/day

Stand upright with your hands on the wall. Slowly lower yourself toward the wall as tolerated, then press back to a standing position.



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Scapular Retraction

3-sec holds, 3 sets × 10, 2–3×/day

Keeping your hands in front of you, squeeze your shoulder blades together for 3 seconds, then relax.

Stop and call the office at (513) 354-3700 if any exercise causes sharp pain, new swelling, numbness, or symptoms that worsen into the next day. This general program is patient education and does not replace an individualized plan from Dr. Pettit or your physical therapist. If you are recovering from surgery, follow your specific post-operative protocol first.



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/exercise-programs/rtsa.html

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