

Rehabilitation Protocol: Reverse Total Shoulder Replacement

Phase I (Weeks 0-6)

- Sling immobilization for first 6 weeks—out of sling to do home exercise program (pendulums) twice daily
- Therapeutic Exercise
 - Grip Strengthening
 - Elbow/Wrist/Hand Exercises
 - Teach Home Exercises – Pendulums
- Heat/Ice before and after PT sessions

Phase II (Weeks 6-12)

- Discontinue sling
- Range of Motion – PROM → AAROM → AROM - increase as tolerated
 - Goals: >90° Forward Flexion and 30° External Rotation
- Therapeutic Exercise
 - Begin light resisted exercises for Forward Flexion, External Rotation and Abduction – isometrics and bands – Concentric Motions Only
 - **No Resisted Internal Rotation, Backward Extension or Scapular Retraction Until 3 Months Post-Op**
- Modalities per PT discretion

Phase III (Months 3-12)

- Range of Motion – Progress to full AROM without discomfort – gentle passive stretching at end range
- Therapeutic Exercise
 - Begin Active Internal Rotation and Backward Extension to Neutral for Extension
 - Begin resisted Internal Rotation and Backward Extension exercises*
 - Advance strengthening as tolerated – Rotator Cuff, Deltoid and Scapular Stabilizers
 - Begin eccentric motions, plyometrics and closed chain exercises
- Modalities per PT discretion

** Watch extension to avoid subluxation. No repetitive forward overhead reach to not over tax deltoid or limit function to acromion.*