

## Reverse Total Shoulder Replacement Postoperative Rehab Protocol

### 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
  - Begin Active Internal Rotation and Backward Extension 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**
- 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 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