



## REVERSE SHOULDER REPLACEMENT REHABILITATION PROTOCOL

|                                 | ROM  | IMMOBILIZER  | EXERCISES  |
|---------------------------------|--|--|--|
| <b>PHASE I</b><br>0-4 weeks     | Limit 45° passive ER to protect subscap repair<br><br>FE progress as tolerated   | <b>0-2 weeks:</b> Worn at all times day and night<br><br>Off for gentle exercise only<br><br><b>2-4 weeks:</b> Worn daytime only | <b>0-2 weeks:</b> Grip strengthening, pendulum exercises, elbow/wrist/ hand ROM at home<br><br><b>2-4 weeks:</b> Begin cuff, deltoid isometrics<br><br>Limit ER to passive 45° and no active IR nor extension until 6 weeks IF subscap repair was done |
| <b>PHASE II</b><br>4-12 weeks   | Increase as tolerated<br><br>Begin active/active-assisted IR and extension as tolerated after 6 weeks if subscap repair was done | None   | <b>4-8 weeks:</b> Begin light resisted ER, forward flexion and abduction<br><br>Focus on Anterior deltoid, teres<br><br><b>8-12 weeks:</b> Begin resisted IR, extension and scapular retraction  |
| <b>PHASE III</b><br>12-24 weeks | Progress to full without discomfort  | None   | Advance strength training as tolerated<br><br>Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres<br><br>Maximize scapular stabilization  |