

Rehabilitation Protocol: Reverse Total Shoulder Replacement

Dr Hanzlik

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: >90⁰ Forward Flexion and 30⁰ 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