



**REHABILITATION PROTOCOL: REVERSE TOTAL  
 SHOULDER REPLACEMENT**

\_\_\_\_\_  
**Name**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Diagnosis**

\_\_\_\_\_  
**Date of Surgery**

**Phase I (Weeks 0-6)**

- Sling immobilization for first 6 weeks—out of sling to do home exercise program (pendulums) twice daily
- **Therapeutic Exercise**
  - o Grip Strengthening
  - o Elbow/Wrist/Hand Exercises
  - o 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
  - o Begin Active Internal Rotation and Backward Extension as tolerated
  - o Goals: >90° Forward Flexion and 30° External Rotation Therapeutic Exercise
  - o Begin light resisted exercises for Forward Flexion, External Rotation and Abduction – isometrics and bands – Concentric Motions Only
  - o **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**
  - o Begin resisted Internal Rotation and Backward Extension exercises
  - o Advance strengthening as tolerated – Rotator Cuff, Deltoid and Scapular Stabilizers
  - o Begin eccentric motions, plyometrics and closed chain exercises
- Modalities per PT discretion

**Comments:**

**Frequency:** \_\_\_\_\_ **times per week**      **Duration:** \_\_\_\_\_ **weeks**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_