

## REVERSE SHOULDER REPLACEMENT REHABILITATION PROTOCOL

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