

# Rehabilitation Protocol: Reverse Shoulder Replacement

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## ☐ Phase I (0-6 weeks):

- Weight Bearing: Non-weight bearing.
- Bracing: Sling for 4 weeks during day and at night.
  - Can remove for home exercises and bathing.
  - Then for sleeping and active daily activities for 4-6 weeks.
- Range of motion: Passive ROM ER to 45 deg., Forward Flexion progress as tolerated.
- No active internal rotation or extension until 6 weeks.
- When lying supine place small pillow or towel under elbow to prevent extension.
- Therapeutic Exercise:
  - Cryotherapy (2 weeks)
  - Pendulum exercises.
  - Hand/wrist/elbow range of motion, grip strengthening.
  - Closed chain scapular exercises.
  - Rotator cuff and deltoid isometrics.
  - Pulley for flexion and abduction once PROM is greater than 90 deg.
  - Table slides, supine passive arm elevation.

## ☐ Phase II (6-12 weeks):

- Weight Bearing: Non-weight bearing.
- Discontinue Sling.
- Range of motion – Full active and active assisted ROM
- Therapeutic Exercises:
  - Can begin aquatic exercises if prescribed.
  - Begin with supine AROM and progress to standing.
  - Wall walking, table slides, cane exercises.

## ☐ Phase III(12-24):

- Weight Bearing: Begin Weight bearing exercises
- Continue with obtaining active range of motion exercises
- Therapeutic Exercises:
  - Advance strength training as tolerated
  - Closed chain scapular rehab and functional rotator cuff strengthening
  - Maximize scapular stabilization.

