



Reverse Total Shoulder Arthroplasty Protocol

General Precautions:

- NO shoulder IR behind the back and hip until 12 weeks
- NO shoulder extension past neutral for 6 weeks

Week 0-2

- Patient to do home exercises – pendulums, elbow/wrist ROM, neck ROM, grip strengthening

Week 2-12

- Begin therapy for PROM, and progress to AAROM and AROM within precautions above
- No active IR for 12 weeks
- Begin isometric deltoid (FF/ABD) strengthening at 4 weeks
- No resisted shoulder extension or scapular retraction
- NO weight bearing or CKC activities through operative arm until 12 weeks
- Elbow and wrist/grip strengthening is OK
- ROM Goals:
 - o 90° FF / 10° ER at 6 weeks
 - o 160° FF / 20° ER at 12 weeks

Week 12+

- Continue ROM exercises to progress to functional elevation of the shoulder
- Begin isometrics shoulder ER and extension at neutral
- Progress deltoid and periscapular strengthening with bands and free weights as tolerated