



### **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