

Lake Charles Memorial Health System Orthopaedic Specialists Rehabilitation Protocol:

Reverse Shoulder Replacement

	<u>Range of Motion</u>	<u>Immobilizer</u>	<u>Exercises</u>
<u>Phase I</u> 0-4 Weeks	Passive FE progress as tolerated.	0-2 Weeks: Worn at all time day and night. Off for gentle exercise only. Discontinue after 2 weeks.	0-2 Weeks: Grip strengthening, pendulum exercises, elbow/wrist/hand ROM at home. 2-4 weeks: Begin cuff, deltoid isometrics. Limit ER to passive 45 degrees. If subscap was done, no active IR nor extension until 6 weeks.
<u>Phase II</u> 4-12 Weeks	Increase as tolerated. Begin active/active assisted IR and extension as tolerated after 6 weeks.	None.	4-8 weeks: Begin light resisted ER, forward flexion and abduction. Focus on anterior deltoid, teres 8-12 weeks: Begin resisted IR, extension and scapular retraction.
<u>Phase III</u> 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.