



Rehabilitation Protocol

Revision Reverse Shoulder Arthroplasty

Phase 1: Protect the Replacement (0 to 6 weeks)

- Sling/Immobilizer should be worn AT ALL TIMES for 2 weeks then when sleeping and out in public
- Initiate exercise program 3 times per day immediately – elbow, forearm, and hand AROM
- Pendulums may begin at 2 weeks after instruction by therapist
- At 2 weeks begin PASSIVE supine ROM to 130 FE and 30 ER

Phase 2: PROM/AAROM (6 to 8 weeks)

- Discontinue sling at all times
- Lifting restriction of 2 to 3 pounds
- Advance AAROM and PROM as tolerated – Maintain ER limit of 30 until 8 weeks. Advance forward elevation as tolerated
- Scapular stabilizer strengthening

Phase 3: AROM/Strengthening (>8 weeks)

- Advance AROM as tolerated
- Strengthen rotator cuff and shoulder musculature (Isometrics, theraband, dumbbell, etc)
- AVOID RESISTED IR OR EXTENSION UNTIL 10 WEEKS.
- Lifting restriction of 10 pounds until 3 months
- Incorporate low level functional activities at 3 months (swimming, water aerobics, light tennis, jogging)
- Start higher level activities at 4 months (tennis, light weight training, and golf)
- Initiate functional progression to sports specific activities at 4 months