

## Rehabilitation Protocol: **Reverse Shoulder Replacement**

	<b>RANGE OF MOTION</b>	<b>IMMOBILIZER</b>	<b>THERAPEUTIC EXERCISE</b>
<b>PHASE I 0 - 6 weeks</b>	P/AAROM FF to obtain at least 120°, ER to 30° only. IR to the body.  Full elbow/wrist ROM.	Worn at all times except for hygiene and therapeutic exercise.	Elbow/wrist/hand ROM, grip strength. Pendulums.  Modalities: heat before, ice after.
<b>PHASE II 6 - 12 weeks</b>	Active-assisted to Active Motion as tolerated.  Avoid extension and IR behind the body.	Discontinue sling at 6 weeks.	Begin light resisted ER/FF/ABD.  Isometrics and therabands. (concentric motions only).  Isometric scapular stabilizers exercises. Canes and Pulleys.  No resisted IR/EXT or scapular retractions.
<b>PHASE III 3 - 6 months</b>	Progress to full active motion. No restrictions. Passive stretching at end ranges.  Avoid repetitive IR (behind back)	None.	Adv strengthening. Add IR/EXT and scapular retraction strengthening.  Begin eccentric motions, plyometrics, closed chain exercises.
<b>PHASE IV 6 - 12 months</b>	Full painless motion.  Normal FF expectation to 160°.  Avoid repetitive IR (behind back).	None.	Return to previous activity level.