

Reverse Shoulder Replacement Rehabilitation Protocol

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| | Range of motion | Immobilizer | Exercises |
|---------------------------------|---|--|---|
| Phase I 0-4 weeks | <ul style="list-style-type: none"> Limit 45° passive ER to protect subscapularis repair Progress forward flexion as tolerated | <ul style="list-style-type: none"> 0-2 weeks: Immobilized at all times day and night except for hygiene and gentle home exercises 2-4 weeks: Worn daytime only | <ul style="list-style-type: none"> 0-2 weeks: Grip strengthening, pendulum exercises, elbow/wrist/hand range of motion at home 2-4 weeks: Begin cuff and deltoid isometrics Limit 45° passive ER and no active IR nor extension until 6 weeks to protect subscapularis repair |
| Phase II 4-12 weeks | <ul style="list-style-type: none"> Increase as tolerated Begin active/active-assisted IR and extension as tolerated after 6 weeks | <ul style="list-style-type: none"> None | <ul style="list-style-type: 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 |
| Phase III 12-24 weeks | <ul style="list-style-type: none"> Progress to full without discomfort | <ul style="list-style-type: none"> None | <ul style="list-style-type: none"> Advance strength training as tolerated Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres Maximize scapular stabilization |

MD recheck at 7-10 days, 6 weeks, 3 months