



Reverse Total Shoulder Replacement

Postoperative Protocol

Phase I: (0 to 6 weeks)

- Patients may shower immediately over waterproof dressing
- Sutures are all underneath the skin and will dissolve on their own
- Sling should be worn at night and when out of house. May remove the sling during the day after 2 weeks, and **wean out entirely at 4 weeks.**
- Do not lift anything greater than 2-3 lbs with the operative hand.
- Initiate exercise program 3 times per day immediately:
 - Immediate elbow, forearm and hand AROM
 - Pendulums
- Initiate passive ROM at 2 weeks (*refer to Phase I Stretching Handout*)
 - Assisted passive forward elevation to 120°
 - Assisted passive external rotation to 30°

Phase II: (6 weeks -12 weeks)

- Lifting restriction of 5-10 lbs
- Advance AROM and PROM as tolerated (*refer to Phase II Stretching Handout*)
 - Maintain ER limit of 30 until 10 weeks.
 - Advance elevation as tolerated
- Scapular stabilizer strengthening.
- Strengthen rotator cuff and shoulder musculature (Isometrics, Theraband, dumbbell, etc).
AVOID RESISTED IR OR EXTENSION UNTIL 10 WEEKS.

Phase III: (>12 weeks)

- Advance shoulder ER range of motion as tolerated (Light stretching only).
- May initiate subscapularis strengthening (resisted IR and extension).
- Advance shoulder and rotator cuff strengthening as tolerated.
- Incorporate low level functional activities at 3 months (swimming, water aerobics, light tennis, jogging)
- Start higher level activities at 4 months, no full contact/strength until 6 months (tennis, light weight training, and golf).
- Initiate functional progression to sports specific activities at 4 months.