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REVERSE SHOULDER REPLACEMENT REHABILITATION PROTOCOL

	ROM	**IMMOBILIZER**	**EXERCISES**
PHASE I 0-4 weeks Goals: Wait for healing, control inflammation, icing	Limit passive ER to tolerance or 30 deg, whichever is less PROM FE to 120 deg, abduction 90 deg	0-4 weeks: Worn at all times day and night. May remove for showering.	**0-2 weeks:** Grip strengthening, pendulum exercises, elbow/wrist/ hand ROM at home **2-4 weeks**: Begin cuff, deltoid, periscapular isometrics.
PHASE II 4-12 weeks Regain motion, then start strengthening	Increase as tolerated Begin active/active-assisted IR and extension as tolerated.	Weeks 4-6: May remove at night Weeks 6-12: Discontinue	**6-10 weeks**: Begin **light** resisted ER, forward flexion and abduction Focus on Anterior deltoid, teres **10-12 weeks**: Add resisted IR, extension.
PHASE III 12-24 weeks	Progress to full without discomfort	None	Advance strength training as tolerated Functional rotator cuff strengthening Maximize scapular stabilization Prepare for return to sports/activities