

Post-operative Rehabilitation Protocol

Reverse Shoulder Replacement

General Guidelines	<ul style="list-style-type: none"> - Supervised physical therapy typically takes place for 3-4 months after surgery - You will be wearing a sling for 7-10 days for your comfort only - Contact therapist or physician for questions or concerns 		
	Range of Motion	Immobilizer	Exercises
Protection Phase <i>Weeks 0 - 2</i>	Okay for shoulder PROM/AAROM as tolerated. Wrist and elbow ROM encouraged while in sling	Sling w/ abduction pillow full time until block wears off	<u>Ice</u> : 20 minutes on, 20 minutes off every hour <u>Exercises</u> : Pendulums, Active ROM as tolerated
Therapy Phase 1 <i>Weeks 2 - 6</i>	Progress PROM → AAROM → AROM as tolerated with gentle passive stretching at end ranges	D/C sling in-house when comfortable. Encourage sling use out of house for 4-6 weeks	<u>Exercises</u> : Begin light resisted ER, FF, ABD: Isometrics, bands <u>Modalities</u> : Per therapist – E-stim, Ultrasound, heat (before), ice (after)
Therapy Phase 2 <i>Weeks 6 - 12</i>	Progress AROM as tolerated. Okay to begin internal rotation	None	<u>Exercises</u> : Okay to progress strengthening once ROM is pain-free. <u>Modalities</u> : Per therapist – E-stim, Ultrasound, heat (before), ice (after)
Therapy Phase 3 <i>Weeks 12+</i>	ROM as tolerated	None	Begin eccentric motions, plyometrics, and closed chain exercises as tolerated