



James S. Kercher, M.D.
Sports Medicine, Shoulder &
Knee Surgery, Cartilage Restoration

Rehabilitation Protocol: Reverse Total Shoulder Replacement

Phase I (Weeks 0-6)

- Sling immobilization for first 6 weeks—out of sling to do home exercise program (pendulums) twice daily
- Therapeutic Exercise
 - + Grip Strengthening
 - + Elbow/Wrist/Hand Exercises
 - + Teach Home Exercises — Pendulums
 - + Heat/Ice before and after PT sessions

Phase II (Weeks 6-12)

- Discontinue sling
- Range of Motion —PROM -*AAROM -3AROM - increase as tolerated
 - + Begin Active Internal Rotation and Backward Extension as tolerated
 - + Goals: > 90° Forward Flexion and 30° External Rotation
- Therapeutic Exercise
 - + Begin light resisted exercises for Forward Flexion, External Rotation and Abduction — isometrics and bands — Concentric Motions Only
 - + No Resisted Internal Rotation, Backward Extension or Scapular Retraction
 - + Modalities per PT discretion

Phase III (Months 3-12)

- Range of Motion — Progress to full AROM without discomfort — gentle passive stretching at end range
- Therapeutic Exercise
 - + Begin resisted Internal Rotation and Backward Extension exercises
 - + Advance strengthening as tolerated — Rotator Cuff, Deltoid and Scapular Stabilizers
 - + Begin eccentric motions, plyometrics and closed chain exercises
 - + Modalities per PT discretion