

TOTAL SHOULDER REPLACEMENT - REVERSE REHABILITATION PROTOCOL

RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE*
PHASE I 0 - 4 weeks	Passive motion, pendulums only Sling with abduction pillow for comfort	Pendulums, grip strengthening, pulleys/canes, elbow/wrist/hand active ROM
PHASE II 4 - 8 weeks	Passive motion only as tolerated* ROM Goals: Week 4: 90 forward flexion, 30 external rotation at side, 75 max abduction without rotation Week 5: 120 degrees forward flexion, 40 degrees ER at side. 75 degrees max abduction no rotation No lifting >5 pounds	AAROM - pulleys into scapular plane elevation to 130, ER to 30. SUPINE AAROM into flexion 130, and ER to 30. No resisted IR Avoid extension of shoulder, reaching behind back *No resisted IR or resisted extension or scapular retraction until 8 weeks post-operative
PHASE III 8 - 12 weeks	Advance passive motion to active as tolerated, including IR and extension as tolerated No lifting > 10 pounds	None Advance elevation as tolerated. Begin light resisted ER, FF, and abduction. Concentric motions only. *No resisted IR or resisted extension or scapular retraction until 8 weeks post-operative
PHASE III 12 weeks - 12 months	Progress to full motion without discomfort	None Begin resisted internal rotation and extension exercises, advance strength training as tolerated, begin eccentric motion and closed chain activities