



Rehabilitation Protocol: Reverse Shoulder Replacement

	RANGE OF MOTION*	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 – 6 weeks	No formal ROM exercises for shoulder. Pendulums only. Full elbow/wrist ROM.	Worn at all times except for hygiene and therapeutic exercise.	Elbow/wrist/hand ROM, grip strength. Pendulums. Modalities: heat before, ice after.
PHASE II 6 – 12 weeks	Passive to Active-assisted to Active Motion as tolerated. Goals: FF= 90 degs. ER= 20 degs.	Discontinue sling at 6wks.	Begin light resisted ER/FF/ABD. Isometrics and therabands. (concentric motions only). Isometric scapular stabilizers exercises. Canes and Pulleys. No resisted IR/EXT or scapular retractions.
PHASE III 3 – 6 months	Progress to full active motion. No restrictions. Passive stretching at end ranges.	None.	Adv strengthening. Add IR/EXT and scapular retraction strengthening. Begin eccentric motions, plyometrics, closed chain exercises.
PHASE IV 6 – 12 months	Full painless motion.	None.	Return to previous activity level.

LOCATIONS

**2600 Belle Chasse Hwy
 Gretna, LA, 70056
 Tel: 504-391-7670
 Fax: 504-378-9439**

**4633 Wichers Drive
 Marrero, LA, 70072
 Tel: 504-347-5421
 Fax: 504-340-5171**