REVERSE SHOULDER REPLACEMENT REHABILITATION PROTOCOL

	ROM	IMMOBILIZER	EXERCISES
PHASE I 0-4 weeks	Limit 45° passive ER to protect subscap repair	0-2 weeks: Worn at all times day and night	0-2 weeks: Grip strengthening, pendulum exercises, elbow/wrist/hand ROM at home
	FE progress as tolerated	Off for gentle exercise only 2-4 weeks: Worn daytime	2-4 weeks: Begin cuff, deltoid isometrics
		only	
			Limit ER to passive 45° and no active IR nor extension until 6 weeks IF subscap repair was done
PHASE II 4-12 weeks	Increase as tolerated Begin active/active- assisted IR and extension as tolerated after 6 weeks if subscap repair was done	None	4-8 weeks : Begin light resisted ER, forward flexion and abduction
			Focus on Anterior deltoid, teres
			8-12 weeks : Begin resisted IR, extension and scapular retraction
PHASE III 12-24 weeks	Progress to full without discomfort	None	Advance strength training as tolerated
			Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres
			Maximize scapular stabilization

