

Rehabilitation Guidelines for Reverse Shoulder Arthroplasty

Weeks 0-6
<ul style="list-style-type: none">• Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)• Remove splint for home exercises and bathing only• Discontinue sling after 6 weeks
Weeks 6-12
<ul style="list-style-type: none">• PROM → AAROM → AROM as tolerated, except...• No active IR / backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 6 weeks for it to heal back to the humerus and regenerate a blood and nerve supply.• No resisted internal rotation / backward extension until 12 weeks post-op• Grip strengthening OK• Heat before PT, and ice after PT• Goals: increase ROM as tolerated to 90° FF / 20° ER no manipulation• Begin light resisted ER / FF / ABD isometrics and bands, concentric motions only• No scapular retractions with bands yet
Months 3-12
<ul style="list-style-type: none">• Begin resisted IR/BE (isometrics / bands); isometric → light bands → weights• Advance strengthening as tolerated; 10 reps / 1 set per exercise for rotator cuff, deltoid, and scapular stabilizers• Increase ROM to fill with passive stretching at end ranges• Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.