

## **REVERSE SHOULDER ARTHROPLASTY REHABILITATION PROTOCOL**

Patient:

Date of Surgery:

0 - 4 Weeks

- Elbow/Hand/Wrist exercises only
- Sling at all times except for axillary care (pendulum position)
  - \* No extension for 12 weeks
  - \* No IR in abduction (behind back) for 12 weeks

4 - 8 Weeks

- Pendulum exercises
- Stage I – Active Assisted ROM
- Wean Sling between 4-6 weeks
  - \* No extension for 12 weeks
  - \* No IR in abduction (behind back) for 12 weeks

8 - 12 Weeks

- Stage II – Active ROM
- May begin light strengthening (therabands) at 10 weeks
  - \* No extension for 12 weeks
  - \* No IR in abduction (behind back) for 12 weeks

12 Weeks

- Stage III – Advanced Strengthening

4 - 6 Months

- Gradual return to activities and recreation

Special Instructions/Modifications to Protocol:

**PLEASE SEE RE: REHAB as per PROTOCOL  
THANK YOU!**