



Kansas City Orthopedic Alliance

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Rehabilitation Protocol: Reverse Shoulder Arthroplasty

Phase I (0-6 weeks): Prevent Dislocation

- **Weeks 0-2**
 - Sling at all times except for showering, eating, and exercises
 - Elbow, wrist, and finger ROM
 - Pendulums and shoulder shrugs
 - Strict NWB to operative extremity
- **Weeks 2-6**
 - Begin to wean from sling at week 2
 - Begin PROM and AAROM with pulleys and wand exercises
 - ROM limits: FE 130 degrees, ER 30 degrees
 - NO IR/extension behind the back
 - 5lbs lifting restriction at waist level
 - No pushing off with the operative arm

Phase II (6-12 weeks): Regain ROM

- Begin to progress ROM as tolerated
- Work to equate AROM with PROM
- OK to begin IR behind the back
- OK to begin gentle deltoid strengthening as tolerated
- 10lbs lifting restriction until 12 weeks

Phase III (12+ weeks): Return to Full Activity

- **Week 12**
 - Simulate functional activities
 - Gradual return to activity as tolerated
 - Progressive deltoid strengthening if needed
- **Week 16+**
 - Return to sport/high intensity activity