



Reverse Total Shoulder Arthroplasty Postoperative Protocol

Date of Surgery: _____

Postop	Goals	Precautions	Exercises
Weeks 0-6 PT 1-2x/week HEP daily	Edema and pain control Protect subscapularis repair and biceps tenodesis Week 1: FF 100°, ER 0° Week 2: FF 120°, ER 0° Week 6: FF 150°, ER 20°	Sling when not doing exercises Limit ER to neutral x2 weeks No ER >20°, active IR No backward extension (BE) No scapular retractions Limit abduction 75° No resisted elbow flexion	Elbow, wrist, hand ROM Codman/Pendulum out of sling Passive supine forward flexion as tolerated Scapular mobility and stability (side-lying) Deltoid isometrics Posture training
Weeks 6-12 PT 1-2x/week HEP daily	Protect subscap repair FF 150°, ER 45°	DC sling Avoid BE/IR/Adduction No resisted scapular retractions Avoid painful ADL's	Advance P/AA/AROM Cane/pulley Passive IR in 60° abduction Rhythmic stabilization at 120° Submaximal isometrics ER/FF/ABD Closed chain kinetic exercises Scapular stabilization Anterior deltoid/ER strengthening
Weeks 12-24 PT 1-2x/week HEP daily	Full ROM Improve strength Improve endurance	Avoid painful ADL's	Begin AA→AROM IR/BE Advance strengthening as tolerated Closed chain scapular rehab Functional strengthening focused on anterior deltoid and ER Maximize scapular stabilization
Weeks 24+ HEP daily	Maximal ROM Independent HEP	None	Progress strengthening, flexibility, and endurance

