



Physical Therapy Protocol – Reverse Total Shoulder Arthroplasty

| | Immobilizer | Range of Motion | Therapy |
|--------------------------------|---|---|--|
| Phase I 0-6 weeks | Worn at all times except for therapy and hygiene. | <ul style="list-style-type: none">• Limit: 30° passive ER to protect subscapularis repair• FF progress as tolerated• No active extension or internal rotation until 6 weeks | <ul style="list-style-type: none">• Grip strengthening, pendulum exercises, elbow/wrist/ hand ROM at home.• 2-6 weeks: Begin cuff, deltoid isometrics.• Modalities: heat before, ice after. |
| Phase II 6-12 weeks | Discontinue at 6 weeks. | Increase as tolerated. Avoid repetitive IR behind back. | <ul style="list-style-type: none">• Begin light resisted ER, forward flexion and abduction.• Focus on Anterior deltoid, teres.• No resisted IR, extension. |
| Phase III 3-6 months | None | Progress to full active motion. Avoid repetitive IR behind back. | <ul style="list-style-type: none">• Advance strength training as tolerated.• Add resisted extension and internal rotation.• Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres .• Scapular stabilization. |
| Phase IV 6-12 months | None | Full painless motion. Avoid repetitive IR behind back. | <ul style="list-style-type: none">• Continue to advance strength and return to prior activity level.• Home exercise program. |