

Physiotherapy Protocol:

**Reverse Shoulder Replacement**

Patient to remain in sling for 6 weeks

Remove sling for washing only. Lean forward with the arm hanging down to get into the armpit for washing.

Weeks 0-3:

- Elbow PROM, wrist ROM

Weeks 3-6:

- Pendular exercises, elbow ROM, wrist ROM, grip strengthening
- Remove sling and exchange to Collar and Cuff for bathing only
- Gentle passive / active assisted forward elevation to 120° FF and 20° ER
- No active IR / backwards extension for 6 weeks (as this will threaten the subscapularis reconstruction)

Weeks 6-12:

- PROM → AAROM → AROM at tolerated.
- No resisted internal rotation / backward extension until 12 weeks post-op
- Heat before PT, and ice after PT
- Goals: increase ROM as tolerated to 130° FE / 30° ER no manipulation
- Begin light resisted ER / FE / ABD isometrics and bands, concentric motions only
- No scapular retractions with bands
- Start eccentric deltoid exercise program as able

Months 3-12:

- Begin resisted IR/ER (isometrics / bands); isometric → light bands → weights
- Advance strengthening as tolerated; 10 reps / 1 set per exercise for deltoid, and scapular stabilisers
- Increase ROM to fill with passive stretching at end ranges
- Begin eccentric deltoid program, plyometrics, and closed chain exercises at 12 weeks.