SPORTS MEDICINE ASSOCIATES
Any Athlete. Any Injury. Anytime.®

Geoffrey Glebus, DO
Diplomate American Board of Orthopedic Surgery
Direct Phone: 210-798-8563
Email: glebusteam@smasatx.com

REVERSE TOTAL SHOULDER REPLACEMENT

	ROM	IMMOBILIZER	EXERCISES
PHASE 1 0-4 WEEKS	Limit 45° passive ER to protect subscap repair FE progress as tolerated	**0-2 weeks**: Worn at all times day and night Off for gentle exercise only **2-4 weeks:** Worn daytime only	**0-2 weeks:** Grip strengthening, pendulum exercises, elbow/wrist/ hand ROM at home **2-4 weeks:** Begin cuff, deltoid isometrics Limit ER to passive 45° and no active IR nor extension until 6 weeks IF subscap repair was done
PHASE 2 4-12 WEEKS	Increase as tolerated Begin active/active assisted IR and extension as tolerated after 6 weeks if subscap repair was done	None	**4-8 weeks:** Begin light resisted ER, forward flexion and abduction Focus on Anterior deltoid, teres **8-12 weeks:** Begin resisted IR, extension and scapular retraction
PHASE 3 12-24 WEEKS	Progress to full without discomfort	None	Advance strength training as tolerated Closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres Maximize scapular stabilization