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Reverse Total Shoulder Arthroplasty Rehab Protocol

| | Range of Motion | Immobilizer | Exercises |
|---------------------------------|--|---|---|
| Phase I 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 II 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 III 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 |