



REVERSE TOTAL SHOULDER PROTOCOL (STANDARD PROTOCOL)

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

_____ Weeks 0-6:

- Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
- Remove sling for home exercises and bathing only

_____ Week 6-12:

- PROM → AAROM → AROM at tolerated, except....
- Grip strengthening OK
- Goals: increase ROM as tolerated to 90° FF / 20° ER no manipulation
- Begin light resisted ER / FF/ ABD isometrics and bands, concentric motions only
- No scapular retractions with bands
- No resisted internal rotation / backward extension until 12 weeks post-op (risks dislocation)

_____ Months 3-12:

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

Modalities:

Other:

Signature _____

Date: _____