



REVERSE TOTAL SHOULDER PROTOCOL (ACCELERATED PROTOCOL)

Name: _____

Diagnosis: _____

Date of Surgery: _____

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

____ Weeks 0-2:

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

____ Week 2-6:

- Transition out of sling with a focus on ROM
- Begin PROM and progress to AROM as tolerated without restrictions
 - Goal of 90+ degrees active FE and 20 ER at 6 weeks
- No lifting/resistance more than 1-2 pounds
- Begin light resisted ER / FF/ ABD isometrics and bands, concentric motions only
- No scapular retractions with bands
- Grip strengthening ok

____ Week 6-12:

- Increase active ROM as tolerated – ok for AAROM stretching above 90 degrees
- May progress to 5-10 pound weight bearing/resistance
- Focus on achieving full ROM

____ Months 3-12:

- Advance strengthening as tolerated up to 10-15 pounds weight bearing/resistance
- Focus on achieving full ROM

Modalities:

Other:

Signature _____

Date: _____