

## **REVERSE Total Shoulder Arthroplasty Rehab Protocol**

**Dr. Nielsen**

### 0-2 weeks

- Sling except exercises and showering
- Codman's
- Table slides
- May use for ADLs at belly/chest level

### 2-4 weeks

- Sling except exercises and showering
- 5# lifting restriction
- Active and passive ROM as comfortable
  - No aggressive passive ROM
  - Pulleys, dowel assistance encouraged

### 4-6 weeks

- Sling in public only
- 5# lifting restriction
- Continue active and passive ROM
  - Still avoid aggressive ROM
  - Pulleys, dowel assistance encouraged

### 6-12 weeks

- Discontinue sling entirely
- 5# lifting restriction above chest level
- Encourage as much ROM as tolerated

### 12+ weeks

- No restrictions
- Strengthening as needed if pain-free full active ROM