



Lisa Kaplin, DO

REVERSE TOTAL SHOULDER REPLACEMENT REHAB

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

Weeks 6-12:

- PROM → AAROM → AROM as tolerated, except
- No active IR / backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 6 weeks for it to grow back down into the humerus and regenerate a blood and nerve supply.
- No resisted internal rotation / backward extension until 12 weeks post-op
- Grip strengthening OK
- Heat before PT, and ice after PT
- 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 yet

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.