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Post-Operative Rehabilitation Guidelines for Reverse Total Shoulder Arthroplasty

	ROM	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