Reverse Total Shoulder

- **Important!!! – Please read before treating the patient**
  - Therapy should be pain free
  - Each patient is different and may take longer to recover than these guidelines

**Week 1**
- Codman’s pendulums and elbow active ROM exercises 4-6 times daily
- Sling to be worn at all times
- No shoulder AROM
- No shoulder PROM

**Week 2-7**
- Sling to be worn at all times except during physical therapy
- Continue Codman’s pendulums as specified above
- Continued elbow range of motion exercises as specified above
- Passive flexion as tolerated (sagittal plane only)
  - No elevation in the scapular plane or abduction in coronal plane
  - Begin with PROM and progress with AAROM in supine with wand
- Pulleys into flexion only and as tolerated (pain free)
- Gentle passive ER to 30 deg but not beyond
- No active IR
- No active ER beyond 30 deg

**Week 8-11**
- Begin light resistance into ER at 0 deg abd
  - No IR strengthening until week 12
- Light scapular strengthening
- AROM in front of mirror for visual feedback
- Light triceps and biceps strengthening

**Week 12**
- Light IR strengthening exercises