



ANDREAS SAUERBREY, M.D.

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