



11330 Olive Blvd, Suite 150
Creve Coeur, MO 63141
(314) 375-3796 Phone
(314) 948-9010 Fax

Van S. Krueger, MD, MBA

Dual Fellowship-Trained Orthopedic Surgeon
in Sports Medicine & Trauma

Shoulder, Elbow & Knee Specialist

Reverse Total Shoulder Arthroplasty Rehab Protocol

	Range of Motion	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