



JOSHUA ALPERT, MD

**Dr. Joshua Alpert**  
**Post-Operative Rehabilitation Protocol:**  
**Shoulder-Reverse Shoulder Replacement**

	Range of Motion	Sling	Exercises	Precautions
<b>PHASE I</b> 0-6 weeks  No physical therapy.	None. No moving at the shoulder joint.	On at all times except for hygiene	Pendulum exercises at home, gentle elbow and wrist ROM at home.	- no lifting at the shoulder joint - no weight bearing on the hand/wrist/elbow to avoid dislocation. No pushing up out of a chair, no using a walker etc.
<b>PHASE II</b> 6-12 weeks  Physical therapy starts.	As tolerated	None	AROM and PROM of shoulder. No strengthening.	- no weight bearing on the hand/wrist/elbow to avoid dislocation. No pushing up out of a chair, no using a walker etc.
<b>PHASE III</b> 12-18 weeks	Progress to Full	None	Start strengthening of the shoulder as tolerated. Closed chain scapular rehab and functional rotator cuff strengthening. Focus on anterior deltoid and teres.  Maximize scapular stabilization.	- no weight bearing on the hand/wrist/elbow. No pushing up out of a chair, no using a walker etc.

<b>PHASE IV</b> 18 weeks+	Full	None	Progress with strengthening and scapular stabilization.	- avoid weight bearing through the hand and exercises alike. Ex: pushups, using a walker, pushing out of a chair etc.
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