
Reverse Total Shoulder Arthroplasty Steadman Hawkins Protocol

- Ultra sling for 2 weeks. Regular sling for an additional 3 weeks as needed.
- ROM should be progressed to pain-free; do not push internal rotation or cross-body adduction
- No passive over-pressure
- Limit ER to ~ 45°, FE to ~ 140°, and no IR behind back
- If subscap repaired, limit ER to 30° for 12 weeks

Phase 0 – QUIET

Week 0-2

Quiet in sling with elbow/wrist/hand
Begin active scapular retraction/protraction exercises with therapist cueing
If subscapularis is repaired then no protraction until 6 weeks

Phase 1 – ACTIVE

Week 2-4

Active ROM with passive stretch to prescribed limits
Supine - Seated Forward Elevation – Progress as tolerated to full
Supine - Seated External Rotation – Gradually increase to full
Internal Rotation – Gradually increase to full
Begin isometrics (concentrate on Deltoid muscle group)

Phase 2 – RESISTED

Week 10

Pendulums to warm up and continue with phase 2
Scapular Mobilization
External and Internal Rotation – Standing forward punch
Seated Rows/Shoulder Shrugs
Bicep Curls/Bear Hugs
Concentrate on Deltoid strengthening

Weight Training

Week 12

Keep hands within eyesight, keep elbows bent
Minimize overhead activities
(No military press, pull-down behind head, or wide grip bench)

Return to Activities

Computer	4 weeks
Golf	3 months
Tennis	4 months