



Brian Waterman M.D.
ORTHOPEDIC SURGERY

REVERSE TOTAL SHOULDER {REVERSE BALL AND SOCKET} PT PROTOCOL

Name: _____ **Date:** _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week Duration: 1 2 3 4 5 6 Weeks

Weeks 0-6:

- Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
- Remove splint for home exercises and bathing only

Weeks 6-12:

- PROM → AAROM → AROM at tolerated, except
- No active IR / backwards extension for 6 weeks. The subscapularis tendon is taken down for the surgery and then repaired afterwards. It takes about 6 weeks for it to grown back down into the humerus and regenerate a blood and nerve supply.
- No resisted internal rotation / backward extension until 12 weeks post-op
- Grip strengthening OK
- Heat before PT, and ice after PT
- Goals: increase ROM as tolerated to 90° FF / 20° ER no manipulation
- Begin light resisted ER / FF / ABD isometrics and bands, concentric motions only
- No scapular retractions with bands yet

Months 3-12:

- Begin resisted IR/BE (isometrics /bands); isometric → light bands → weights
- Advance strengthening as tolerated; 10 reps | 1 set per exercise for rotator cuff, deltoid, and scapular stabilizers
- Increase ROM to fill with passive stretching at end ranges
- Begin eccentric motions, plyometrics, and closed chain exercises at 12 weeks.

Comments:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities:

Electric Stimulation Ultrasound Iontophoresis Phonophoresis
 TENS Heat before/after Ice before/after Trigger points massage
 Therapist's discretion
 Other _____

Signature: _____ **Date:** _____