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SPORTS MEDICINE & ORTHOPEDICS

REVERSE TOTAL SHOULDER ARTHROPLASTY (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:

- Maintain Sling for 4 weeks, then discontinue.
 - Pillow under sling can be discontinued after 2 weeks
 - Remove splint for home exercises and bathing only
- Patient to do Home Exercises given post-op
 - pendulums, elbow ROM, wrist ROM, grip strengthening

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 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 full 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: _____