Reverse Total Shoulder (reverse ball and socket) Physical Therapy Protocol

Name_____________________________________________________________ Date________________

Diagnosis  s/p RIGHT/LEFT RTSA with Biceps Tenodesis

Date of Surgery_________________________

Frequency: _______ times/week Duration: ______ Weeks

______ Weeks 0-6:
Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
Remove sling for home exercises and bathing only

______ Week 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 120° FF / 40° 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___Ice after___Trigger points massage ____ Therapist’s discretion

Signature__________________________________________ Date________________