

## REVERSE TOTAL SHOULDER ARTHROPLASTY (REVERSE BALL AND SOCKET) PT PROTOCOL

### 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 grow 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.