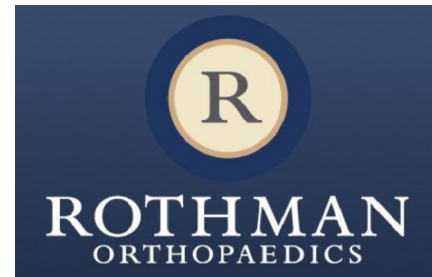


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Reverse Total Shoulder (reverse ball and socket) Physical Therapy Protocol

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 _____