
REVERSE TOTAL SHOULDER (REVERSE BALL-AND-SOCKET) REPAIR

Physical Therapy Protocol

POST-OP: WEEKS 0-6

- Home exercise: pendulums, elbow ROM, wrist ROM, grip strengthening
- Remove splint for home exercises and bathing only

POST-OP: WEEKS 6-12

Goal: increase ROM as tolerated to 90° FF/20° ER without manipulation

- PROM → AAROM → AROM as tolerated
- No active IR/backwards extension for 6 weeks
 - Note: 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 is OK
- Heat before PT, and ice after PT
- Light resisted ER/FF/ABD isometrics and bands, concentric motions only
- No scapular retractions with bands yet

POST-OP: MONTHS 3-12

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