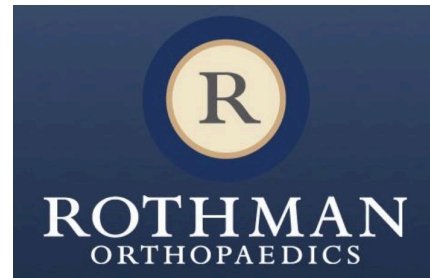


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Reverse Total Shoulder (reverse ball and socket) Physical Therapy Protocol/Prescription

Name _____

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, activities of daily living
Ok to start with gentle passive ROM at week 4 of patient wants to start therapy early

_____ 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 _____