



**Columbia University  
Shoulder, Elbow and Sports  
Medicine Service**

**Christopher S. Ahmad, MD**

Office (212) 305-5561

Fax (212) 305-4040

**Louis U. Bigliani, MD**

Office (212) 305-5564

Fax (212) 305-0999

**William N. Levine, MD**

Office (212) 305-0762

Fax (212) 305-4040

**Edwin R. Cadet, MD**

Office (212) 305-4626

Fax (212) 305-4040

**Appointment Scheduling**

(212) 305-4565

**Mailing Address:**

622 West 168<sup>th</sup> Street, PH-11

New York, NY 10032

**Office Locations:**

16 East 60<sup>th</sup> Street

New York, NY 10022

161 Ft. Washington Ave.

New York, NY 10032

500 Grand Avenue

Englewood, NJ 07631

[www.nyp.org/columbiaortho](http://www.nyp.org/columbiaortho)

**Physical Therapy Protocol  
Reverse Total Shoulder Arthroplasty  
("Reverse Ball")**

**Immediate Post-operative Period – 4 weeks**

- Wear sling in public and to sleep
- NO ROM x 4 weeks
- Ice 3-4x daily
- **AVOID EXTENSION, EXTERNAL ROTATION**

**4-8 weeks (Goals: Increased Function and range of motion)**

- Deltoid re-education in supine position
- No resistive exercises
- No weights
- Active range of motion – supine (no weights)

**8+ weeks**

- GENTLE deltoid strengthening (1-2 pounds)

Re-establish functional motion (for use with ADLs)