Total Shoulder or Reverse Total Shoulder

Patient_____
DOS_____

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	Weeks 0-6	Weeks 6-12	Weeks 12+
Sling	Yes for 6 weeks	Discharge at 6 weeks	
	Can remove ABD pillow at 4 weeks for Reverse TSA		
PROM Flexion	130° for weeks 0-3, then advance as tolerated	Advance PROM and AAROM in all planes	Advance ROM as tolerated
AAROM Flexion	Begin in supine		
	130° for weeks 0-3, then advance as tolerated		
PROM ER	0-25° for weeks 0-3, then advance as tolerated		
AAROM ER	0-25° for weeks 0-3, then advance as tolerated		
AROM	None	Flexion in supine with elbow flexed	
		Forward flexion raising arm from table top	
		Gradually progress from supine to standing	
		Progress flexion, extension, abduction, and internal rotation	
Exercises	Codman/Pendulum	CKC exercises	Flexibility exercises
*PT 2-3x week for 12 weeks Please provide notes for review at 6 and	Scapulothoracic mobilization all planes and Anterior/Posterior/Inferior GH Mobilization	Theraband exercises for flexion, extension, and external rotation	Isotonics Increase resistive exercises
12 weeks	Deltoid isometrics (flex/ext/Abd/ER) (IR if reverse TSA)	Light resistive exercises	Start with light weights and advance as
	Elbow, wrist, and hand AROM	Sidelying ER Bent or Prone Rows, Extension	tolerated
	Pulley Table Flexion Motion Ranger Swill Ball Roll	Bicep/Tricep Isotonics UBE	Progress to full independence with ADLs and functional muscle strength and coordination

Any Questions? Please contact: Northwoods Therapy Associates

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