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 Chippewa Valley Orthopedics & Sports Medicine  
 1200 OakLeaf Way, Suite A      757 Lakeland Drive, Suite B  
 Altoona, WI 54720                      Chippewa Falls, WI 54729

Patient \_\_\_\_\_  
 D.O.S. \_\_\_\_\_

**REVERSE TOTAL SHOULDER PROTOCOL**

	<b>Week 0-2</b>	<b>Week 3-4</b>	<b>Week 5-8</b>	<b>Week 9-12</b>	<b>Week 12-16</b>	<b>Month 5-6</b>
<b>Passive Flexion</b>	0-60°	90°	90-115°	120-125°	Increase as tolerated	As tolerated
<b>Passive IR</b>	30° (at 30° abduction)	30°	45°	As tolerated, advance appropriately		
<b>Passive ER</b>	0° (at 30° abduction)	30°	40°	45-50° at 90° abduction	As tolerated, advance appropriately	
<b>Sling</b>	yes	yes, as needed	D/C – wear for comfort only			
<b>PT visits/week</b>	1-3	1-3	1-3	1-3	1-3	Monitor
<b>Exercises</b>	Pendulum			<b>AROM</b> Sidelying flexion to supine flexion, sidelying ER	Continue all exercises for achieving ROM and strength	
NOTE: Individual progression may vary. Follow MD's instructions.	Gripping	Pulleys		Advance to isotonic flexion, Ext, ER as able	Initiate light active functional exercises	HEP: 3x/week
	Isometric Abductors/ER/IR	Isometrics Flex/Ext	Isometrics All planes, increase intensity			
	AROM Elbow/wrist	AAROM IR/ER/Flex	AAROM Advance as tolerated			
Please Contact Northwoods Therapy Associates with questions:	Rhythmic Stabilization		<b>Precautions:</b> <b>No IR behind the back.</b> <b>No excessive horizontal abduction.</b> <b>No active ER behind head or neck.</b> <b>No shoulder extension behind the body.</b>		Strength & Stabilization tubing ER, Standing Full Can, prone exercises, biceps/triceps	
	(715) 839-9266 Altoona, WI  (715) 723-5060 Chippewa Falls, WI				May perform pool exercises	
July 2019						

