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 Chippewa Valley Orthopedics & Sports Medicine  
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 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>  | 0-90°  | 0-110°                            | 0-125°  | Increase as tolerated   |   |                    |
| <b>Passive IR</b>   | 30°<br>(at 30° abduction)                      | 30°                               | 45°   | As tolerated, advance appropriately<br>No need to push aggressively                 |   |                    |
| <b>Passive ER</b>   | 20°<br>(at 30° abduction)                      | 50°                               | 60°   | 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   | As necessary  | Monitor, if needed                                    | Monitor, if needed |
| <b>Exercises</b>  | Pendulum                                       |                                   | Advance from AAROM to AROM as shoulder allows regarding pain and function   | AROM and advance to Isotonics for Sidelying flexion to supine flexion, sidelying ER | Continue all exercises for achieving ROM and strength | HEP: 3x/week       |
| NOTE:<br>Individual progression may vary. Follow MD's instructions. | Gripping                                       | Pulleys                           |   |   |   |                    |
|   | Isometric Abductors/ER/IR                      | Isometrics Flex/Ext               | Isometrics All planes, increase intensity   | Initiate light active functional exercises  |   |                    |
|   | AROM Elbow/wrist                               | AAROM IR/ER/Flex                  | Scapular strengthening-advance as able  |   |   |                    |
| Please Contact Northwoods Therapy Associates with questions:        | Rhythmic Stabilization and Scapular engagement |                                   | <b>Generally speaking, the focus is to restore functional movement and strength. Avoid pain at end range of motion. Progress ROM, strength and exercises as a continuum. You do not need to hold the patient back if they seem to be progressing ahead of the plan above.</b> |   |   |                    |
|   | (715) 839-9266 Altoona, WI                     | (715) 723-5060 Chippewa Falls, WI |   |   |   |                    |
| August 2019   |  |                                   | May perform pool exercises  |   |   |                    |

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