

Total Shoulder or Reverse Total Shoulder

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Patient _____
 DOS _____

	Weeks 0-6	Weeks 6-12	Weeks 12+
Sling	Yes for 6 weeks Can remove ABD pillow at 4 weeks for Reverse TSA	Discharge at 6 weeks	
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 *PT 2-3x week for 12 weeks Please provide notes for review at 6 and 12 weeks	Codman/Pendulum Scapulothoracic mobilization all planes and Anterior/Posterior/Inferior GH Mobilization Deltoid isometrics (flex/ext/Abd/ER) (IR if reverse TSA) Elbow, wrist, and hand AROM Pulley Table Flexion Motion Ranger Swirl Ball Roll	CKC exercises Theraband exercises for flexion, extension, and external rotation Light resistive exercises Sidelying ER Bent or Prone Rows, Extension Bicep/Tricep Isotonics UBE	Flexibility exercises Isotonics Increase resistive exercises Start with light weights and advance as tolerated Progress to full independence with ADLs and functional muscle strength and coordination

Any Questions? Please contact: **Northwoods Therapy Associates**
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