

Dr. Brent Carlson
 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

	Week 0-2	Week 3-4	Week 5-8	Week 9-12	Week 12-16	Month 5-6
Passive Flexion	0-90°	0-110°	0-125°	Increase as tolerated		
Passive IR	30° (at 30° abduction)	30°	45°	As tolerated, advance appropriately No need to push aggressively		
Passive ER	20° (at 30°abduction)	50°	60°	As tolerated, advance appropriately		
Sling	yes	yes, as needed	D/C – wear for comfort only			
PT visits/week	1-3	1-3	1-3	As necessary	Monitor, if needed	Monitor, if needed
Exercises	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: 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		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.			
	(715) 839-9266 Altoona, WI	(715) 723-5060 Chippewa Falls, WI				
				May perform pool exercises		