

Dr. Mark McCarthy

Chippewa Valley Orthopedics & Sports Medicine

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Patient _____

D.O.S. _____

Reverse Total Shoulder Replacement

	0-2 WEEKS Begins on DOS	2-4 WEEKS	4-8 WEEKS	8-12 WEEKS	WEEK 12+	
FLEXION	PROM	Begin AAROM	Begin AROM, progress as tolerated			
ABDUCTION	PROM	Begin AAROM	Begin AROM, progress as tolerated			
EXTENSION	PROM	Begin *AAROM*	Begin *AROM, progress as tolerated*			
ER	PROM to 45	Begin AAROM to 45	Begin AROM, progress as tolerated			
IR	PROM	Begin *AAROM*	Begin *AROM, progress as tolerated*			
IMMOB/SLING	All times	Worn daytime only	Wean			
P.T. visits/week	2-3	2-3	2-3	1-3	1-3	
EXERCISES	AROM (cervical, elbow, wrist, hand)					
	Passive Pendulums	Posterior capsule joint mobilizations				
Any questions, please contact : Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060 May 2020	<ul style="list-style-type: none"> PT visits/week may vary Individual exercise progression may vary Return to sport/work by MD only. 	Scapular retraction/Depression	Resisted scapular retraction			
		Cuff and Deltoid isometrics	Light resisted ER, flex, abd; focus on anterior deltoid and teres	Resisted IR and Ext		
		If subscap repair, no AAROM or AROM for Extension nor IR until 6 weeks post op	UBE			Closed Chain Scapular rehab
						Functional rotator cuff strengthening focusing on anterior deltoid and teres
						Maximize Scapular stabilization