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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 0-1</b>	<b>Week 2-3</b>	<b>Week 4-5</b>	<b>Week 6-8</b>	<b>Week 8+</b>	
<b>Passive Flexion</b>	0-90°	0-110°	0-125°	Increase as tolerated		
<b>Passive IR</b>	60°	As tolerated	Advance appropriately	No need to push aggressively		
<b>Passive ER</b>	60°	As tolerated	Advance appropriately	No need to push aggressively		
<b>Sling</b>	Yes	D/C – wear for comfort only				
<b>PT visits/week</b>	1-3	1-2	1-2	As necessary	Monitor, if needed	Monitor, if needed
<b>Exercises</b>	Pendulum	Pulley	AROM in all planes, pain free, uncompensated	Isotonics for Side lying flexion to supine flexion, side lying ER to standing. Advance as able.	Continue all exercises for achieving ROM and strength	HEP: 3x/week
** <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>	Gripping	Advance AAROM to AROM as able				
	Isometric Abductors/ER/IR	Isometrics Flex/Ext	Isometrics All planes, increase intensity		Progress to functional tasks, ADL, return to activity	
	AROM Elbow/wrist	Scapular strengthening advance as able				
		Rhythmic Stabilization and Scapular engagement		Strength & Stabilization Tubing, weights		
					<b>Please contact Northwoods Therapy with PT related questions:</b> <b>(715) 839-9266 Altoona, WI</b>  <b>(715) 723-5060 Chippewa Falls, WI</b>	
						March 2024

