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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

	Week 0-2	Week 3-4	Week 5-8	Week 9-12	Week 12-16	Month 5-6
Passive Flexion	0-60°	90°	90-115°	120-125°	Increase as tolerated	As tolerated
Passive IR	30° (at 30° abduction)	30°	45°	As tolerated, advance appropriately		
Passive ER	0° (at 30° abduction)	30°	40°	45-50° at 90° abduction	As tolerated, advance appropriately	
Sling	Yes, Dr. Berg see below **	yes, as needed	D/C – wear for comfort only			
PT visits/week	1-3	1-3	1-3	1-3	1-3	Monitor
Exercises	Pendulum			AROM Sidelying flexion to supine flexion, sidelying ER	Continue all exercises for achieving ROM and strength	
NOTE: Individual progression may vary. Follow MD's instructions.	Gripping	Pulleys				
	Isometric Abductors/ER/IR	Isometrics Flex/Ext	Isometrics All planes, increase intensity	Advance to isotonic flexion, Ext, ER as able	Initiate light active functional exercises	HEP: 3x/week
	AROM Elbow/wrist	AAROM IR/ER/Flex	AAROM Advance as tolerated			
	Rhythmic Stabilization					
Please Contact Northwoods Therapy Associates with questions:	(715) 839-9266 Altoona, WI	Precautions: No IR behind the back. No excessive horizontal abduction. No active ER behind head or neck. No shoulder extension behind the body.		Strength & Stabilization tubing ER, Standing Full Can, prone exercises, biceps/triceps	** Dr. Berg will be using simple sling x 4 weeks. Wean from sling after 4 weeks Goal: 130° forward flexion and 40° external rotation	
	(715) 723-5060 Chippewa Falls, WI			May perform pool exercises		
April 2026						