



# Town Center

ORTHOPAEDICS

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HAND & WRIST SURGERY  
UPPER EXTREMITY SURGERY  
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## *Post-operative Instructions: Anatomic TSA*

- Dressing on for 1 week, can take shower with it and after removal. No sutures to remove.
- 0-2 weeks: Ultrasling, passive FE <90, OK for gentle elbow/wrist/hand exercises, no active use of the arm
- 2-6 weeks: sling off during day, wear 2 more weeks for sleep, waist level activities, pendulum, supine passive assisted FE:120, ER:30, lift <2lb
- 6-12 weeks: Can drive, continue stretching till ROM normal, start resistance bands, isometric strengthening, lift < 5lb
- 3-6 months: continue resistance bands, weight training supine and gradually sit up, gradually go back to sports, no push up, bench press, deadlift, lifting overhead > 20lb
- Return to work with limited duty at 2 months, full duty 4 months, Contact sports after 4 months