



Town Center

ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
O: 703-435-6604 F: 703-662-4506

Post-operative Instructions: Reverse TSA for fracture or revisions

- Dressing on for 1 week, can take shower with it and after removal. No sutures to remove.
- 0-4 weeks: Ultrasling at all times, no shoulder ROM, OK for elbow/wrist/hand exercises. No active use of the arm. No pendulums.
- Wound check and x-rays at 7-10 days and 4 weeks
- 4-6 weeks: sling off during day, 2 more weeks for sleep, waist level activities, supine passive assisted FE: 120, ER: 30, lift < 2lb. No pendulums.
- 6-12 weeks: can drive, start formal therapy, continue ROM stretches, start resistance bands, isometric strengthening, lift < 5lb. No pendulums.
- 3-6 months: continue resistance bands. OK for 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