



Town Center

ORTHOPAEDICS

Baris Yildirim, MD
HAND & WRIST SURGERY
UPPER EXTREMITY SURGERY
1860 Town Center Drive, Ste 300
Reston, Virginia 20190
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Post-operative Instructions: Reverse TSA

- Dressing on for 1 week, can take shower with it and after removal. No sutures to remove.
- 0-2 weeks: elastic abdominal sling or ultrasling, no shoulder ROM, OK for elbow/wrist/hand exercises, no active use of the arm. No pendulums.
- 2-6 weeks: sling off during day, 2 more weeks for sleep. Start waist level activities, supine passive assisted FE:120, ER:30, lift < 2lb
- 6-12 weeks: can drive, start formal therapy, continue ROM stretches, start resistance bands, isometric strengthening, lift < 5lb
- 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