



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

- Continue sling at all times. Remove dressing at 1 week. OK to take shower with it on and after removal. no shoulder ROM, OK for elbow/wrist/hand exercises, no active use of the arm. No pendulums.
- 10-14 days: Follow up with me for wound check and X-rays. Transition to night time only sling use for 2 more weeks. Start waist level activities. Start supine passive assisted FE:120, ER:30, lift < 2lb. No reaching or pulling.
- 4 weeks: Start formal therapy
- 6 weeks: X-rays. Can drive. Continue ROM stretches. Start resistance bands, isometric strengthening. Lift < 5lb
- 12 weeks: X-rays. Continue strengthening with 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
- 4 months: OK for full duty manual labor and sports.
- 6 months: X-rays. OK for contact sports.