

REVERSE TOTAL SHOULDER REPLACEMENT

KEY POINTS

- Sling for 6 weeks post operation
- No active movements for 6 weeks

Discharge from ward:

- Usually inpatient for 2-3 days
- Pendular exercises for axillary hygiene reasons only
- Hand, wrist and elbow movements often

Weeks 1-6:

- Seen in physio department within 10 days of discharge to teach...
 - Pendular exercises
 - Passive movements all directions to shoulder height for first 3 weeks
 - Increase PROM as tolerated with use of table/desk tops
- Hydrotherapy if available once wound healed at 2 weeks
- Can perform light ADLs below shoulder height, eg. Washing and eating.

Weeks 6+:

- Active assisted exercises all directions
 - Start supine then progress to sitting position when able.
- Gentle stretching exercises at end range of movement
- Gradually introduce isometric strengthening exercises of all muscle groups

Return to activity guidelines

- Driving 6-8 weeks
- Swimming
 - Breast stroke 6 weeks
 - Front crawl 3 months
- Golf 6 weeks
- Avoid heavy lifting 6 months
- Return to work
- Office based work: 6-8 weeks
- Manual work: discuss with surgeon

NB: The Acromion will be prominent due to the nature of the surgery. Patient will have to hitch the shoulder to initiate movement as there is no rotator cuff


Encourage patient to continue exercises at home as improvements can take 1-2 years following surgery to achieve maximal function and recovery

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