



Reverse Total Shoulder Replacement Rehabilitation Guidelines

The following is a detailed outline of the rehabilitation regime for patients who have had a Reverse Total Shoulder Replacement by Dr. Macgroarty.

Each case can be very different depending on the goals of the patient, the age of the patient, the size of the repair, type of repair, etc. We follow these basic guidelines. Any physician indicated precautions override these guidelines

You will have a sling which should be worn day and night for 6 weeks post operatively. The aim of the sling is to take some of the pressure of the surgical site. You can remove the sling for the recommended exercises and when sitting quietly - but keep the arm rested on pillows or arm rest.



12-16 hours post op

If local anaesthetic block used

The block affecting your arm will begin to wear off, so it is advisable to begin taking the pain killers prescribed for you (eg. Panadeine osteo).

Day 1 to week 6 (stage 1)

What to expect

The pain is often worse at night, especially the first few nights.

Don't forget to use ice and your pain medication.

Some patients find it more comfortable to sleep a little more vertical, for instance in a recliner.

An increase in body temperature is common following an operation.

Don't forget to wear the sling when you are up and about, and to rest your arm on a pillow or arm rest when you are sitting quietly.

Your wound is covered by a waterproof dressing, you can shower normally.

Your first post-operative appointment should be on week 2. We will remove the dressing and review the operation with you.

You will not be able to drive until the sling is off and you can lift your arm comfortably shoulder height (8 weeks).

No lifting or overhead work

Start the following exercises

Some gentle exercises are outlined below. During these exercises, there is to be **NO ACTIVE MOVEMENT** of the operated arm. You are to use your opposite arm to assist with movements, or allow gravity to move your body into position for exercises such as the pendulum.

- *Do each exercise the number of times recommended.*
- *All exercises should be done 3 to 5 times a day as your pain allows.*
- *Absolutely NO lifting.*
- *Avoid too much early active use.*

1. Bend and straighten elbow

Use your opposite arm to assist with the movement of the affected arm initially.

REPEAT 10 times



2. Passive Shoulder Flexion

Place hands on top of a bench or chair at waist height.

Step backwards, keeping the arms straight.

Bend from the hips and lower your trunk between your arms.

You should feel a stretch in your shoulder.

Hold gently for 10-15 seconds.

REPEAT 5 times



3. Hand Squeeze

The hand squeeze exercise will improve your hand strength.

Squeeze the fingers of your hand in towards your palm.

Hold for 5-10 seconds, then release.

You can use a squeeze ball if you have one available, but it is not necessary.

REPEAT 10 times



4. Neck Stretch

Gently stretch your neck from side to side.

REPEAT as required



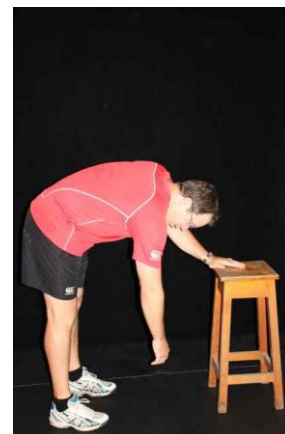
5. Passive Pendulum

Gently let the affected arm fall away from your body as you slowly bend forward from the hips.

Aim for a **90 degree** angle between your body and your arm.

Hold this position for 10 seconds.

REPEAT 5 times



6. Passive External Rotation

Stand with your affected arm up against a door jamb.

Assist your elbow to bend to 90 degrees and keep your arm resting across the front of your waist (just as if it was in the sling).

Using a stick or your other hand, push your affected arm away from your body until you get a stretch.

Hold gently at this point for 5-10 seconds.

REPEAT 5 times



7. Posture

When you no longer need to wear your sling, it is important to stretch your back and shoulders to regain your pre surgery posture.

Posture is important especially for a good functioning shoulder.

Gently roll your shoulders a few times and squeeze your shoulder blades together.

Gently hold this position for 10 seconds.

REPEAT 5 times



Week 6 – 12

What to expect

You can stop wearing the sling after.

You can book your first physiotherapist appointment.

Your second post-operative appointment will be around week 8-10

No overhead activities

You can lift up to 1kg to your waist.

You can drive when you are able to lift your arm shoulder high (around week 8)

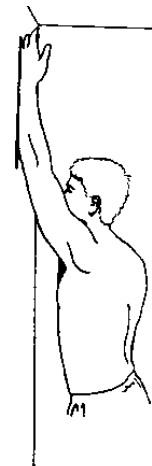
Start the following exercises after second post-op appointment

All exercises should be done 3 times a day

1. Flexion stretch

Slide both arms up a wall with palm facing you. Move closer to the wall as the arms slide upwards.

5 Repetitions

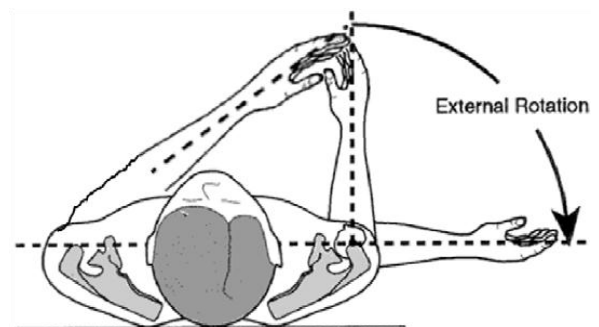


2. Active supported external rotation

Sit at a table with the elbows bent at 90°, by your side and supported on top of the table.

Keeping your shoulder blades still, slide the operated side forearm so that it swings outwards, away from your body.

10 Repetitions

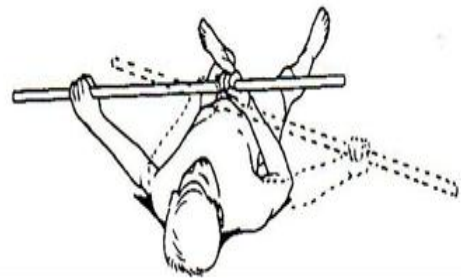


3. External-internal rotation

Lay down on your back. Hold stick with good hand in under grip and operated hand in a top grip, elbows bent at 90°.

Using your good hand gently push the stick towards the operated side of your body, making sure you keep the elbow of your bad arm by your side.

10 Repetitions



4. Shoulder flexion

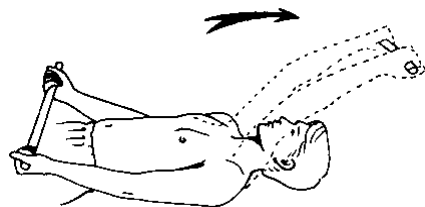
Lie down on your back.

Take hold of a stick with both hands placed wider than shoulder width apart.

Lift your arms above your head until you feel a stretch, use your good arm to move the operated arm.

Gently hold at this point for 10 seconds.

10 Repetitions



5. Shoulder extension

Hold the stick using an underhand grip behind your back.

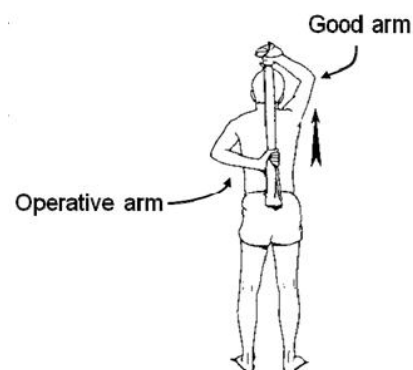
Push the stick backwards away from your back. **10 Repetitions**



6. Back towel stretch

Grasp towel in both hands.

Place operated arm behind back and use the unaffected arm to pull up the one that has had surgery. **10 Repetitions**

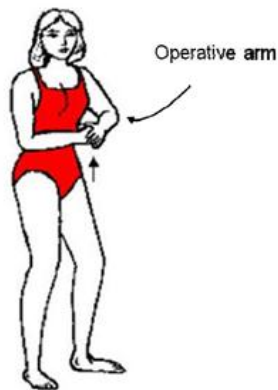


Week 6 – 3 months phase 2- Isometric strengthening exercises

- All pushes should be gentle. Don't push through pain. Follow your physiotherapist recommendations.
- 10 repetitions of each, 3 times a day

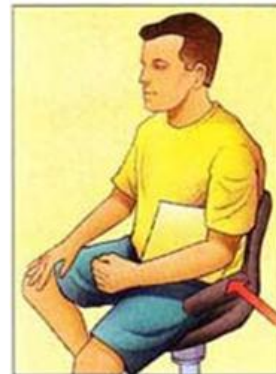
1. Isometric flexion

With your forearm in front of you, pull the operated hand towards your head against the good hand which is kept still, providing resistance.



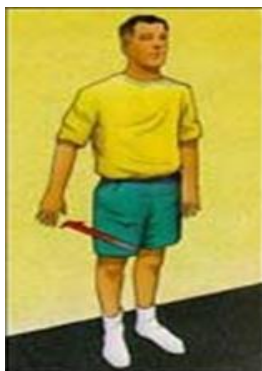
3. Isometric adduction

Squeeze a pillow into your body with the elbow and arm. Keep the neck relax and the shoulder blades pinched together.



2. Isometric Extension

Push your elbow and arm back into the wall.



4. Isometric External Rotation

Keeping your elbow by your side, press your forearm so that it swings outwards in the direction of the wall.



3 months – 6 months (stage 3)

What to expect

You can commence light lifting gradually up to 5-10kg.

You can start occasional overhead work of less than 15 minutes duration.

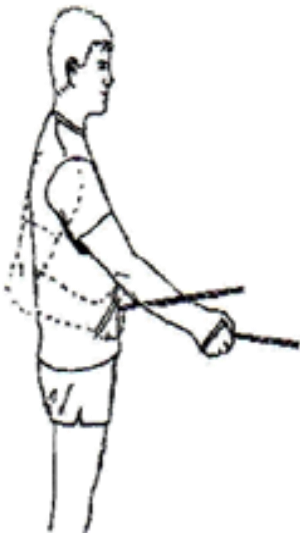
You can commence Stage 3 exercises.

Theraband exercises

Perform theraband exercises in series of ten 3 times (30times), twice a day.

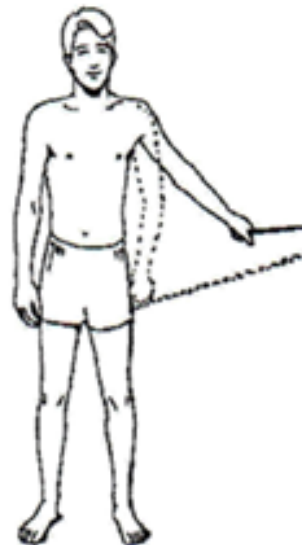
1. Theraband rowing

Hold each end of the theraband. Pull both arms back in a rowing motion. Keep your elbows bent; pinch shoulder blades together as you pull back-wards.



2. Theraband resistance adduction

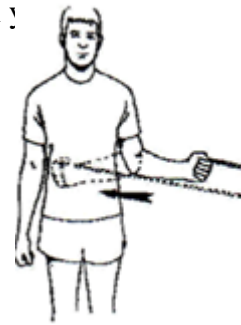
Pull the theraband down towards your body.



3. Theraband resistance internal and external rotation

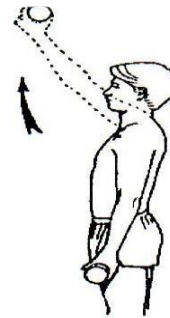
With elbow at your side, Pull the theraband inwards towards the front of your body.

Repeat but pull the theraband away from y



4. Straight arm lifts

Lift your operated arm forward up towards the ceiling. Keep your elbow straight and thumb facing up. When you are able to do this, you can add weights.



Milestones

Return to full duties work at 6 - 9 months.