



# REVERSE SHOULDER REPLACEMENT PROTOCOL

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**ORTHOPAEDIC SHOULDER SURGEON**

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SLING	WHEN WILL I GO HOME?	WHAT CAN I DO?	WHAT CAN'T I DO?
4 weeks	You will be discharged on the day <b>after</b> the operation	Range of movement within the safe zone*	No weight bearing through arm, no forced movements. No lifting.

### ACUTE PHASE (0-4 WEEKS)

#### GOALS:

- Pain control
- Protect the shoulder replacement
- Re-educate optimal deltoid function

#### REHABILITATION:

\*Safe zone: commence passive range of movement to maximum 90° elevation, 30° external rotation

Progress to active assisted and support range of movement within this safe zone

No combined external rotation/abduction

No extension

No hand behind back

External rotation control exercises

Scapular setting exercises

Optimise deltoid function

#### CRITERIA FOR PROGRESSION:

- Control of pain
- Deltoid function

### INTERMEDIATE PHASE (4-12 WEEKS)

#### GOALS:

- Restoration of active range of movement
- Continue to optimise deltoid function
- Optimise dynamic control through range

#### REHABILITATION:

Progress range of movement

Progress cuff compensation program (ie. deltoid)

Progress rotational exercises

Scapular control through range

Scapular dissociation/mobility exercises

Functional extension and hand behind back exercises

Hydrotherapy permitted

#### CRITERIA FOR PROGRESSION:

- Pain controlled functional range of movement
- Quality of movement pattern
- Deltoid function through range
- Active external rotation control

### LATE PHASE (>12 WEEKS)

#### GOALS:

- Rehabilitate functional specific strength and endurance
- Aid functional independence

#### REHABILITATION:

Function specific strength and endurance

Loaded exercises (eccentric & concentric)

Internal and external rotation resistance exercises

Functional movement pattern re-education

Institute home exercise program (for maximum improvement may take up to 2 years to achieve)

#### GUIDELINES FOR RETURN TO FUNCTIONAL ACTIVITIES

DRIVING	6 weeks
LIFTING	Light lifting at 6 weeks. Avoid heavy lifting until 6 months.
SWIMMING	Breaststroke 8 weeks, freestyle 12 weeks
GOLF	4 months