

REVERSE TOTAL SHOULDER JOINT REPLACEMENT REHAB PROTOCOL

PLEASE NOTE, this is the rehab protocol for REVERSE shoulder joint replacement. For ANATOMICAL total shoulder joint replacement, refer to appropriate protocol on website.

Please correlate rehab plan with operation note for patient specific post-operative plan base on intra-operative findings.

- 0-2 weeks
 - Finger, wrist, elbow active range of motion exercises
 - Shoulder pendular exercises as soon as pain allows
 - Pain-free submax isometric shoulder exercises – adduction, abduction, external rotation, internal rotation, flexion, extension against wall
 - Periscapular strengthening focus on posture and scapular retraction
 - Sling at all times including sleep 0-2 weeks (except for elbow and shoulder pendular exercises)
 - Cryotherapy/ice pack and adequate analgesia
- After 2 weeks
 - Continue with above
 - Controlled active assisted and passive range of motion up to shoulder height over next 4 weeks
 - Wean out of sling slowly based on safety and comfort after week 4
- After 6 weeks
 - Continue with above
 - No limitation in passive and active shoulder range of motion, accepting some limitation due to implant design
- After 8-10 weeks
 - Gradual strengthening with TheraBand and weights base
- After 12 weeks
 - Work and sport specific strengthening
- Follow-up appointment:
 - 2-3 night in hospital
 - 2 weeks clinic for wound check and x-ray
 - 6 weeks clinic with Mr Francis Ting
 - 12 weeks clinic with Mr Francis Ting