

Reverse Total Shoulder Replacement Rehabilitation Programme

Key messages

- Rehab focus on deltoid activity and strengthening
- Consider if Domiciliary PT maybe more appropriate (e.g. elderly patient, living alone, co-morbidities, dominant hand)
- Encourage involvement of relative/friend during early rehab to assist with passive movements
- Aim for functional range with strength
- Check ADL activities

Time	Rehab	Goals / aims
Pre - op	Deltoid rehab Scapular stabilisation exercises Transverse abdominal/postural work	
Theatre	Indicated in patients with rotator cuff arthropathy or rotator cuff insufficiency. Utilises deltoid to compensate for the deficient cuff. Deltopectoral / Superolateral approach.	
Day 1 - 4 Inpatient	Check specific post-op notes: Sling – 3-6 weeks <ul style="list-style-type: none"> - Low muscle activity: Flexion, Abduction and External rotation (eg. Forward Bow, Table slides) - Advice on posture & scapular control - Elbow, wrist and hand exercises - Instruction for sling, washing/dressing Oxford Score	- Driving – after 6 weeks if comfortable and safe & Only if patient can perform emergency manoeuvres safely - Work – Sedentary – 6 weeks if comfortable - Swim breast stroke 6 weeks
OP physio 1 week Twice weekly appointments	<ul style="list-style-type: none"> - Check analgesia management & wound healing - Progress Low muscle activity exercises - Scapular stabilisation exercises – movement pattern correction - Transverse abdominal/postural work 	
3 - 6 weeks	<ul style="list-style-type: none"> - Start Active Assisted ROM - Partially loaded proprioceptive exercises: (eg. Prayer kneeling/ forearms on table) - Check movement pattern - Isometric strengthening 	Wean from sling
6 - 8 weeks	<ul style="list-style-type: none"> - Start Active ROM - Fully loaded Proprioceptive exercises: static (eg 4 point kneeling) as patient tolerates. 	
8 weeks plus	<ul style="list-style-type: none"> - Resisted strengthening through range - Progress scapular control if required 	Good scapulo-humeral rhythm
12 weeks Consultant OP appointment	<ul style="list-style-type: none"> - Aim for regaining good functional range - Check ADL activity - Refer to Consultant if problems 	Functional range
Complications	Fracture, neurovascular injury, dislocation, infection, stiffness, loosening of implant	
Final goals	Good functional ROM	<u>Outcome measure</u> Oxford Score