

Reverse Shoulder Replacement

Indications:

Severe cuff arthropathy ,shoulder arthritis (certain indications) , revision surgery

	In Patient	
Day 1	<p>Polysling with body belt fitted in theatre</p> <p>Finger, wrist and elbow movements</p> <p>Cold compression</p> <p>Drain removal after 24 hours</p>	
Week 1	<p>Body belt removed</p> <p>Axillary hygiene is taught</p> <p>The Subscapularis has not been repaired and therefore protection regarding IR and ER beyond neutral is not required</p> <p>Handing gripping exercise</p> <p>Pendular exercises</p> <p>Passive flexion, abduction, internal and external rotation</p> <p>Scapular setting and posture correction</p> <p>Discharge when safe, usually 3 days post-op</p> <p>Keep sling for 6 weeks</p> <p>May perform ADL below shoulder level, , such as eating & writing</p>	
	Out Patient	
6 Weeks	<p>Active assisted flexion, abduction, internal and external rotation in supine and progress to sitting position as soon as the patient is able.</p> <p>Progress to active when possible</p> <p>Begin isometric strengthening of all muscle groups but concentrate on strengthening the deltoid</p>	
8 Weeks+	<p>Encourage active movement into all ranges with some gentle self-stretching at the end of range.</p> <p>Progress isotonic strengthening though range</p>	

