

REVERSE TOTAL SHOULDER REPLACEMENT

PYSIOTHERAPY PROTOCOL



Dislocation Precautions: Precautions should be implemented for the first 12 weeks.

Patients following a RTSA do not dislocate with the arm in abduction and external rotation. They will typically dislocate with the arm in internal rotation and adduction in conjunction with extension. Keep the sling on for 4 weeks with a small pillow under the elbow during sleep (to avoid getting the arm into hyperextension)

Upto 6 weeks:

- No reaching across body to wash under opposite axilla or wash opposite shoulder
- No shoulder motion behind lower back and hip (no combined shoulder adduction, internal rotation and extension)

Upto 12 weeks:

- No reaching behind back to: Tuck in shirt/ To pull belt through the back loops/ Reach to back pocket to get wallet out/ Fasten bra (if applicable)/ Perform personal hygiene
- No glenohumeral joint extension beyond neutral (always need to be able to see the elbow)

Phase 1 exercises

From operation day to 10-14 days after (shown for left arm).

1. Lean forwards.

Let your arm hang freely.

Start with small movements.

Swing your arm:

(i) forwards and backwards

(ii) side to side

(iii) in circles

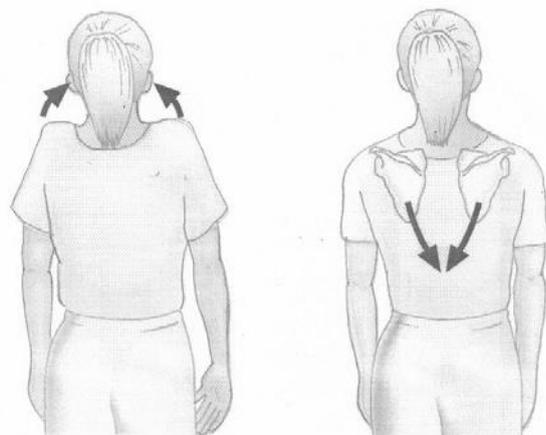
Repeat each movement 5 times.



2. Sit or stand.

Shrug shoulders up and forwards. Then roll them down and back.

Repeat 10 times.



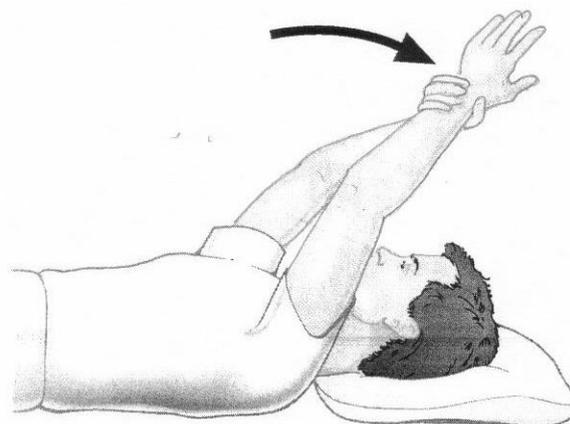
3. Lying on your back.

Support your operated arm with the other arm and lift up overhead.

Start with your elbows bent, then progress to having arms straight.

Do not force the movement.

Repeat 10 times.



Phase 2 exercises

From 10-14 days after your operation.

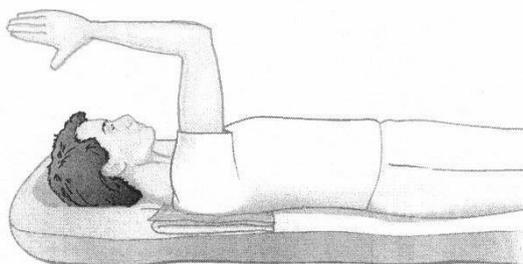
4. Lying on your back, elbow bent.

Hold your operated arm up as before (in exercise 3), but once it is vertical try and keep it there without the support of the other arm.

Gradually lower and raise your arm in an arc, until you can lift it from the bed.

Once this is easy progress to exercise 7 in standing

Repeat 10 times.



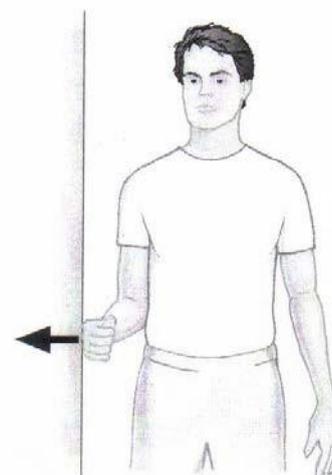
5. Standing with your operated arm against a wall.

Bend your elbow.

Push your **hand** into the wall.

Hold for 10 seconds.

Repeat 5 times.

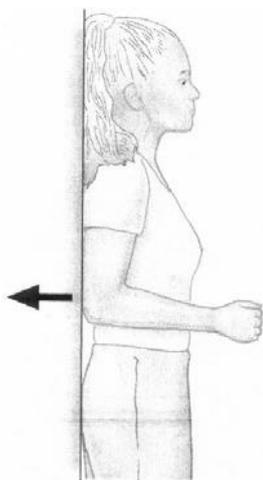


6. Stand with back against wall.

Keep arm close to side, elbow bent.

Push the elbow back into the wall. Hold for 10 seconds.

Repeat 5 times.



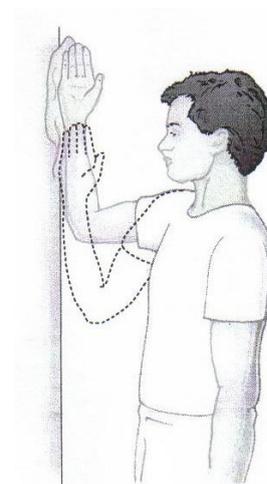
7. Standing facing a wall.

Elbow bent and hand resting against wall. Use a towel between the hand and wall (to make it easier).

Slide your hand up the wall. At first you can give support to your elbow with your other hand.

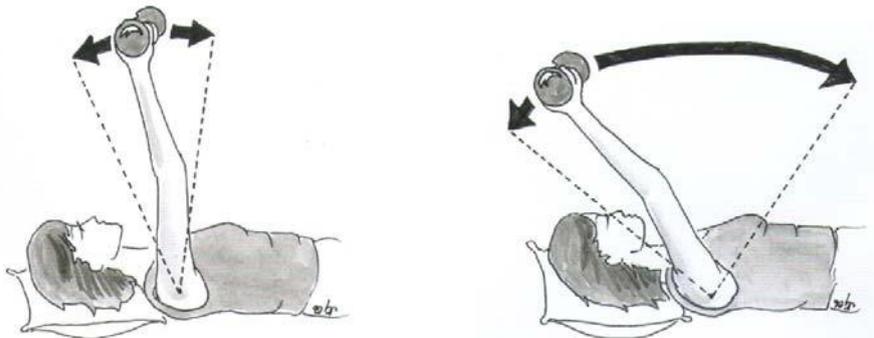
Gradually stretch higher up the wall then come down slowly trying to make the movements smooth.

Repeat 5 times and progress by moving away from the wall.



Start the following exercises 3 weeks after operation

8. Lying on your back



The next progression is to add a small weight e.g. small bottle of water. Hold this in the hand of your operated arm and continue to move the arm from your side to above your head and back again in a smooth movement for up to 5 minutes or until the arm gets tired.

Phase 3 (after 4 weeks)

Remove sling at 4 weeks. There is great variation in what people can achieve during recovery; therefore, it is not possible to give all potential exercises. The physiotherapist will modify this ongoing exercise programme for you that is specific to your shoulder and your needs. **The main focus of the exercises will be on strengthening the deltoid muscle to take over the lifting of your arm, especially in front of the body.**

Keep the exercises going until you feel there is no more improvement. This may continue for a year to 18 months... so think positive, persevere and enjoy them.

TYPICAL RETURN TO FUNCTIONAL AND LEISURE ACTIVITIES:

- Work - Sedentary jobs from 6 - 8 weeks
(Heavy manual jobs not advisable after replacement)
- Swimming - Breaststroke 6 weeks
Freestyle 3 months
- Driving 3 months
- Walking aids (stick/crutch etc) Not on same side for 6 weeks
- Cooking - Light tasks like cutting veg
And making rotis 6 weeks

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