



Dr Simon Hutabarat

**REVERSE TOTAL SHOULDER REPLACEMENT
POST-SURGERY REHABILITATION PROTOCOL**

- **Brace for first 6 weeks**
The Glenoid component has a bone graft cage and immobilisation is required for 6 weeks to maximise incorporation of bone graft.

- **Day 1-15**
Passive mobilisation with assistance. Complete restoration of the rotational movements. Abduction and anterior elevation up to 90° (slow and steady). Active mobilisation of the elbow and of the wrist.

- **Day 16-30**
Complete passive restoring of abduction and forward flexion. Begin of active work (with assistance) for IR and ER movement.

- **Day 31-60**
Begin active work on deltoid muscle. Increasing strength of scapular stabilisers. Begin the restoration of the normal scapulohumeral rhythm.

- **Day 61-90**
Increase of active mobilisation of the deltoid on the new prosthetic joint (deltoid shoulder). This work can proceed until the 6 month of treatment.

From day 15 if possible hydrotherapy is ok if wound allows.

If necessary after the 3 month mark it is possible to increase the deltoid strength with electrostimulation in static position of ER/IR of the shoulder (to avoid shear stresses on the glenoid).

Discharge around day 3 - 4 unless rehab is required.

The protocol is the same but maybe slower and more gentle for the Reverse Total Shoulder Replacement for fracture. Bear in mind that the tuberosities maybe tenuous and we must try to avoid dislodging bone graft.

Animated Video link: <https://youtu.be/B-WGoWtTavs>

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