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***Rehab protocol – Reverse Polarity Shoulder Replacement***

Time post op	Rehab	Goals / Advice
<b>Day 1 to discharge</b>	Check post-op notes – 2-4 weeks of polysling with body belt. Finger, wrist and elbow exercises Instruction for sling, washing/dressing.	Polysling with bodybelt applied in theatre  Avoid combined abduction & External rotation and also avoid combined abduction and internal rotation for 6 weeks  Physiotherapy outpatient appointment made for 1 week post op
<b>2-6 Week</b>	Gentle pendular exercises – pure movements, no circling. Elbow, wrist and hand exercises. Hand gripping exercises. Passive Flexion, abduction, Internal and external rotation. Scapular setting and posture correction. Pain relieving modalities as indicated. May perform ADL below shoulder level, such as eating and writing – with care.	Body Belt on sling can be removed  Understands exercises and restrictions  Advice for return to functional activities: Driving – 6 weeks Return to work – sedentary – 6 weeks Return to work – manual – guided by surgeon Lifting – light – can begin at 6 weeks Lifting – heavy – avoid for 6 months Swimming – breaststroke – 6 weeks Swimming – freestyle – 12 weeks Golf – 3 months
6 -12 weeks	Active assisted flexion, abduction, internal and external rotation in supine and progress to sitting position as able. Progress to active when possible <u>Include supine deltoid rehab programme.</u> Begin isometric strengthening of	Maximise function of deltoid for cuff compensation using progressive deltoid programme



	all muscle groups	
<b>12-24 weeks</b>	Encourage active movement into all ranges with some gentle self stretching at the end of range. Progress isotonic strengthening through range. Regularly stretch the joint to the end of it's available range	Aim for functional range
<b>Complications</b>	Infection Post operative stiffness, Prosthesis instability, Poor function due to cuff tear.	
<b>Final goals</b>	Good functional pain free ROM	<u>Outcome measure</u> – Oxford Shoulder Score.

