

**Reverse Total Shoulder Replacement
Post Operative Rehabilitation Protocol
(Page 1/2)**

Following Surgery:

- Expect a surgical bulky dressing and an arm sling to be worn for 4-6 weeks, only coming out of sling for showering/hygiene.
- Use cryocuff or ice on shoulder 3-5 times per day for 30 minute intervals until your next clinic visit.
- Do not shower until 24 hours after drain tubing has been removed.
- Take your pain medication as needed and as prescribed. Call if any questions or concerns arise.

Precautions:

- Always avoid pushing up out of a chair, for the entire life of the shoulder replacement.
- Watch for signs of infection and call clinic or ER immediately if these signs develop:
 - Fever higher than 100°F, shortness of breath, or feeling very sick.
 - Warmth, redness, and/or increased drainage coming from your incision site.
- Watch for signs of blood clots and go to the ER immediately if these signs develop:
 - Excessive increase in swelling, hardness, pain, or redness in forearm or calf.
- Do not drive for at least 4 weeks following surgery AND until off of opioid pain medication.
- Do not lift objects > a piece of paper for 6 weeks.

1-2 Days Post Op:

- Drain will be pulled (prior to discharge from hospital), if placed.
- May shower if good seal to surgical dressing.
- Wear sling as needed. Encourage to discontinue sling as soon as possible.
- Consider a sling when sleeping.

10-14 Days Post Op:

- Follow up appointment in clinic with PA, including in-clinic x-rays (true A/P and axillary).
- Continue to use sling for sleeping and as needed—may discontinue at approximately 4 weeks.
- Progressively increase use of hand for everyday activities, i.e. brushing teeth, eating, and drinking.
- 0-90° forward flexion (shoulder height) and 3 lbs. max for 6 weeks.

3-4 Weeks Post Op:

- Begin gentle strengthening of deltoid progressive.
- Add scapular stabilizer exercises.

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(Page 2/2)**

6 Weeks Post Op:

- Follow up appointment in clinic with PA or Surgeon.
- Surgeon will access if beginning PT is appropriate based on range of motion.
- May discontinue use of sling at 4-6 weeks post op.

12 Weeks Post Op

- Follow up appointment in clinic with PA or Surgeon.
- Repeat in-clinic x-rays (true A/P and axillary).

Considerations:

- Continue home exercise program with progressive strengthening.
- May expect to return to moderate activities such as golf, tennis, and some fishing at 3 months. Occasionally this will take up to 6 months. Expect release to full activities such as hunting between 4-6 months.
- Continued improvement can occur for 1-1 ½ years, but be aware that full strength and range of motion may never be fully achieved depending on case.
- Continue follow up exams at 6 months post op and at one year post op, then yearly for life of replacement.
- X-rays at each annual visit.