

REHAB PROTOCOL FOR REVERSE POLARITY SHOULDER REPLACEMENT

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

ABOUT MR GEORGE-MALAL

Mr Joby George-Malal is an experienced Consultant Orthopaedic Surgeon with special interest, training and expertise in upper limb (shoulder/ elbow/ hand) problems.

CLINICS

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	all muscle groups	
12-24 weeks	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
Complications	Infection Post operative stiffness, Prosthesis instability, Poor function due to cuff tear.	
Final goals	Good functional pain free ROM	<u>Outcome measure</u> – Oxford Shoulder Score.

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