REVERSE SHOULDER REPLACEMENT PROTOCOL

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ORTHOPAEDIC SHOULDER SURGEON
ACUTE PHASE (0-4 WEEKS)

GOALS:
- Pain control
- Protect the shoulder replacement
- Re-educate optimal deltoid function

REHABILITATION:
- *Safe zone: commence passive range of movement to maximum 90° elevation, 30° external rotation
- Progress to active assisted and support range of movement within this safe zone
- No combined external rotation/abduction
- No extension
- No hand behind back
- External rotation control exercises
- Scapular setting exercises
- Optimise deltoid function

CRITERIA FOR PROGRESSION:
- Control of pain
- Deltoid function

INTERMEDIATE PHASE (4-12 WEEKS)

GOALS:
- Restoration of active range of movement
- Continue to optimise deltoid function
- Optimise dynamic control through range

REHABILITATION:
- Progress range of movement
- Progress cuff compensation program (ie. deltoid)
- Progress rotational exercises
- Scapular control through range
- Scapular dissociation/mobility exercises
- Functional extension and hand behind back exercises
- Hydrotherapy permitted

CRITERIA FOR PROGRESSION:
- Pain controlled functional range of movement
- Quality of movement pattern
- Deltoid function through range
- Active external rotation control

LATE PHASE (>12 WEEKS)

GOALS:
- Rehabilitate functional specific strength and endurance
- Aid functional independence

REHABILITATION:
- Function specific strength and endurance
- Loaded exercises (eccentric & concentric)
- Internal and external rotation resistance exercises
- Functional movement pattern re-education
- Institute home exercise program (for maximum improvement may take up to 2 years to achieve)

GUIDELINES FOR RETURN TO FUNCTIONAL ACTIVITIES

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
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<tbody>
<tr>
<td>DRIVING</td>
<td>6 weeks</td>
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<tr>
<td>LIFTING</td>
<td>Light lifting at 6 weeks. Avoid heavy lifting until 6 months.</td>
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<tr>
<td>SWIMMING</td>
<td>Breaststroke 8 weeks, freestyle 12 weeks</td>
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<tr>
<td>GOLF</td>
<td>4 months</td>
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