



REVERSE SHOULDER REPLACEMENT REHABILITATION

Days 0 to 14

Post-op recovery

Primary goal here is to allow wound healing and to decrease swelling. You will be staying in hospital overnight for pain relief. On discharge, you will have waterproof dressings on, and your arm will be in a sling. Leave your dressings on until your review in clinic in 10-14 days post-surgery. Apply ice regularly for pain relief, and limit your activities in the first 14 days to avoid haematoma formation. Contact my team if you have any concerns about your wound.

Exercises (5 times a day)

- Elbow range of motion
- Squeezing shoulder blades together

Weeks 2 to 6

Perform passive forward flexion / abduction / external rotation 5 times a day. You can consider returning to desk duties if clearance given. You can also start spending time out of the sling as comfortable.

Weeks 6 to 10

- Out of sling altogether
- Commence driving
- Active range of motion exercises
- Increase use of your arm in day to day activities

Week 10 onwards

- Rotator cuff and scapular stabilisers strengthening
- Pool based exercises recommended