



DR CHEN TU PROTOCOL REVERSE TOTAL SHOULDER REPLACEMENT

| Post op - check op note for variations of sling use & indication for surgery | |
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| Day 1-4 Weeks | <ul style="list-style-type: none"> • Sling 3-4 weeks; can remove for light ADLs (keeping arm close to the body from 2 weeks) • Advice on sling management and axillary hygiene • Postural education and scapula mobility • Gentle active assisted exercises within Safe Zone A (see below picture) • Neck, elbow, wrist & hand exercises • Axillary nerve Ax |
| Once weaned from sling (see op note): 3-6 Weeks | <p>Patient must be comfortable with above phase before progression</p> <ul style="list-style-type: none"> • Progress active assisted ROM, no stretching into external rotation beyond 20 degrees • Begin proprioceptive exercises • Commence anterior deltoid rehab as comfort allows in supine • Assess for posterior cuff integrity, encouraging control (hand over wrist) • Allow patient to begin gently mobilising into functional ranges |
| 6 Weeks + | <p>Patient must be comfortable with above phase before progression</p> <ul style="list-style-type: none"> • Ascertain functional goals and progress exercises as appropriate • Progress active movement, focusing on functional ADL activities and muscle conditioning as able • Progress anterior deltoid and posterior cuff (if present) rehabilitation • Safe Zone B and beyond |

| Milestones | |
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| Week 4 | Comfortably out of sling for ADLs |
| Week 6 | Sling discarded, increasing active movement |
| Week 12 | Improving functional strength |

Return to Functional Activities

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| Driving | from 6 weeks, discuss with team |
| Swimming | from 12 weeks |
| Light lifting | from 12 weeks+ |
| Work | sedentary from 6 weeks manual from 12 weeks + |



**PHYSIOTHERAPY FOLLOW
UP RECOMMENDED WITHIN
2 WEEKS**