



DR CHEN TU PROTOCOL REVERSE TOTAL SHOULDER REPLACEMENT

Physiotherapy follow-up recommended



The aim is to protect the shoulder while gradually restoring movement, deltoid strength and function.

0-4 WEEKS

PROTECT AND MOVE GENTLY

- Sling for 3-4 weeks; check the operation note.
- Remove for prescribed exercises and hygiene.
- Keep neck, elbow, wrist and hand moving.
- Gentle assisted shoulder movement as directed.
- Shoulder-blade mobility; keep active.

IMPORTANT

- ✗ No hand behind back or arm behind body
- ✗ No pushing up or weight-bearing
- ✗ No heavy lifting, pushing or pulling
- ✗ Avoid sudden movements or falls



Hand / wrist / elbow



Pendulum



Scapular setting



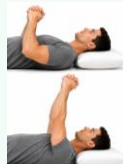
Table slide

Early movement should be comfortable and protected - not a stretch.

4-12 WEEKS

RESTORE MOVEMENT AND DELTOID CONTROL

- Wean from the sling from 3-4 weeks as comfortable.
- Progress assisted to active shoulder movement.
- Work towards comfortable functional range.
- Begin deltoid and shoulder-blade control.
- Increase light daily use, but avoid hand behind back and shoulder extension.



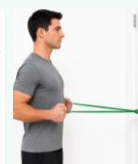
Assisted motion



Gentle rotation



Deltoid control



Scapular control

Exercises are progressed by your physiotherapist. Movement and deltoid control should improve gradually without forcing range.

12+ WEEKS

BUILD STRENGTH AND RETURN TO ACTIVITY

- Progress deltoid, shoulder-blade and functional strengthening.
- Increase overhead activity where appropriate.
- Progress lifting, pushing and pulling gradually.
- Introduce work or sport-specific rehabilitation.
- Return to heavier activity as strength and control allow.



Deltoid strength



Scapular strength



Overhead control



Functional reach

Return to heavier activity is based on comfort, strength and control, not time alone.

TYPICAL MILESTONES

1

4-6 WEEKS

- Wean out of sling.
- Sedentary work may be possible.
- Driving once safe and out of sling.

2

~ 12 WEEKS

- Improving functional movement and strength.
- Swimming and light lifting may be considered.

3

3-6 MONTHS

- Progress lifting, golf and recreation.
- Manual work as guided.
- Build endurance and confidence.

4

~ 6 MONTHS

- Consider unrestricted activity once comfort, strength and control have returned.

KEY POINTS TO REMEMBER



Sling
3-4 weeks



Deltoid
control



No heavy
lifting



Progress
gradually



MOVEMENTS TO AVOID EARLY

Avoid reaching behind your back or body, and do not push up through the arm early.