

# Home Rehabilitation Protocol: Reverse Shoulder Replacement

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- **Phase I (0-6 weeks):**
  - Weight Bearing: Non-weight bearing.
  - Bracing: Sling for 6 weeks during day and at night.
    - Can remove for home exercises and bathing.
    - Can remove pillow at 2 weeks but continue sling use.
    - At 2 weeks May use arm for light activities of daily living (feeding, brushing teeth, dressing...) with elbow near the side of the body and arm in front of the body.
    - At night can take strap that goes around the neck for comfort but continue to wear sling.
  - Avoid putting the hand behind the back
  - Avoid reaching across the chest to prevent dislocation
  - When lying supine place small pillow or towel under elbow to prevent extension. Shoulder always be able to see the arm.
  - No pool/water submersion for 4 weeks
  - Therapeutic Exercise:
    - Ice for 2 weeks routinely and after exercises for 6 weeks.
    - Pendulum exercises can begin 48 hours after surgery once patient is comfortable.
    - Hand/wrist/elbow range of motion.
    - Shoulder exercises:
      - **Perform 3 sets of 10 reps. Repeat 2-3 times per day.**

## Table Slide

With your hand on the table and palm flat, slide your arm forward until you feel a stretch. Hold stretch for about 3-5 seconds.



## Pulley Exercises

Hang your pulleys over a door and face the door. Use the good arm to raise the operated upon arm as high as you are able. Let the arm return to the side and then repeat, raising as high as you are able with each repetition. Once you can fully raise the arm while facing the door, turn around and repeat the process facing away from the door.



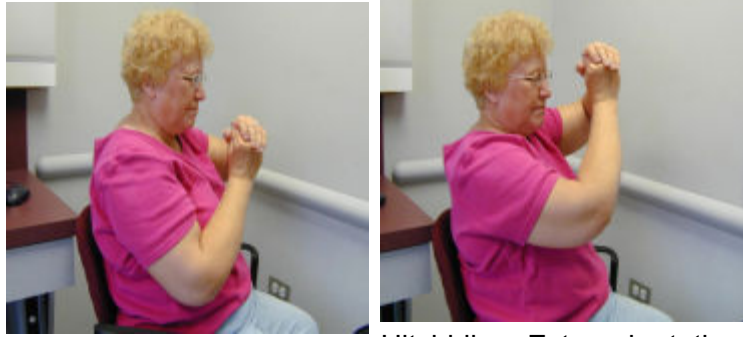
## Arm elevation lifts

Begin lying down on your back. Raise the surgical arm with the opposite hand while trying to keep the elbow straight, using the good arm to help. Keep raising the arm until it is in line with your head. Repeat. Once this is easy, perform the exercise while sitting up.



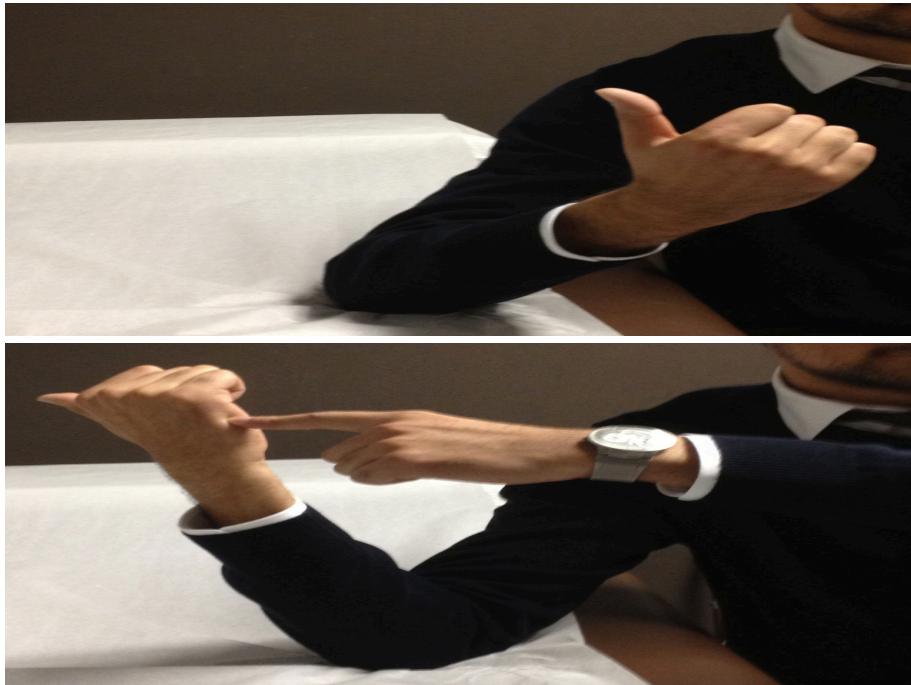
## Punch to the Ceiling

Make a fist with affected arm next to your body. Place the opposite hand on fist and actively elevate to the ceiling. Hold for 3-5 seconds at the top.



Hitchhiker: External rotation stretching

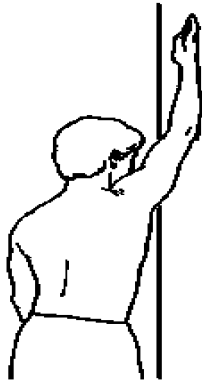
With your elbow bent and resting on a table, maximally rotate your shoulder outwards until gentle stretch is felt.



- **Phase II (6-12 weeks):**
  - No weightbearing. Just use weight of the arm.
  - Discontinue Sling.
  - Range of motion – Active ROM as tolerated
  - Avoid forcing end range of motion in any direction to prevent dislocation or stress fracture.
  - Therapeutic Exercises:
    - **Continue exercises from Phase I but add:**

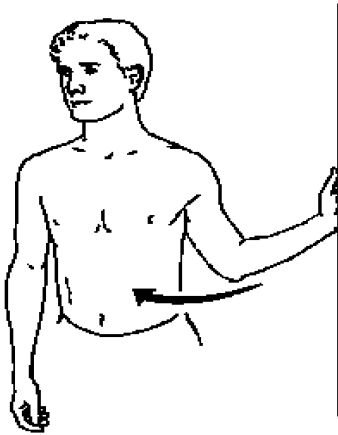
Wall Climbs

Stand facing a wall about 2-3 feet away from the wall. Use your fingers to help walk the hand up the wall, increasing shoulder elevation. Gently move forward to create a light stretching sensation. Light pain is OK.



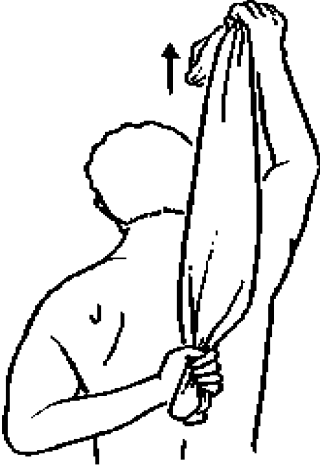
### External Rotation Exercise

Stand in a doorway facing the doorframe with your hand hooked around the doorframe. Slowly turn your body until you are parallel to the doorframe.



### Internal Rotation Exercise

Bring the hand on the surgical arm as far behind you as you can. Place a towel between both hands over the back. Use the good hand to draw the surgical arm as far behind you and up over your back as you are able.



### Assisted arm Elevation with a cane/broom/stick

Begin lying down on your back. Raise the surgical arm with the opposite hand while trying to keep the elbow straight, using the good arm to help. Keep raising the arm until it is in line with your head. Repeat. Once this is easy, perform the exercise while sitting up.



- **Phase III(12-24 weeks):**

- Weight Bearing: Begin Light Weight bearing exercises
- No heavy pushing activity
- Gradually increase strength, with weight not to exceed 5 lbs.
- Continue with obtaining active range of motion exercises

#### **Exercises**

- Optimize functional use of the operative UE to meet the desired demands
- Pain free functional activities.

- **Continue exercises from Phase I and II but add:**

### Arm elevation Exercises Part 2

Repeat Arm elevation exercises, only this time, hold a very light weight in the hand, such as a can of beans. You can also use a theraband. While holding the weight lying down, raise the surgical arm while keeping the elbow straight. Keep raising the arm until it is in line with your head. Repeat. Once this is easy, perform the same exercise while seated or standing. Start with the arm at your side and then raise the arm until it is in line with your head. It may be easiest to start the standing portion with the elbow bent.

