



SPORTS SURGERY CLINIC

## Post Operative Guidelines -

### Reverse Geometry Total Shoulder Replacement

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Reverse geometry total shoulder replacement is a reliable option for rotator cuff arthropathy, Irreparable massive rotator cuff tears,glenohumeral arthritis and for some post traumatic conditions. Patients generally can expect significant reduction in their pre-operative pain levels and a functional range of motion following recovery. Internal rotation may never recover fully given this type of prosthetic design .Given that the surgery is generally performed on patients with severe rotator cuff deficiency there is likely to be a chronic deficit in rotator cuff strength. Improvement can continue for 18-24 months post-operatively .

#### Goals

1. Protect surgical soft tissue repair.
2. Avoid dislocation in the early post-operative period. In fact with the current generation of prosthesis the risk of dislocation with primary surgery is very low. It is higher in the revision setting. Mr. Mullett will advise if there is a higher rate of dislocation otherwise the risk is very low Gentle stretching and regaining range of motion.
3. Gentle strengthening

#### Immobilisation

- Patients generally wear a sling for 4 week period
- Patients can use the arm below the elbow e.g. using computer, reading immediately following surgery

#### 0-6 weeks

- Pendular exercises, active assisted ER to 30°
- Active assisted elevation as comfort allows
- Consider use of table slides
- avoiding forced internal rotation (v small risk dislocation)

6-8 weeks

- Gradually increase ER
- As ER increases gradually increase elevation ROM
- Active assisted exercises progressing to active exercises-utilise short lever, supine and closed kinetic chain-avoid long lever open chain exercises until 12 weeks

12 weeks +

- Isometrics in variable starting positions progressing to resisted through range strengthening
- Advance proprioceptive and dynamic neuromuscular control retraining

Functional Milestones

- Driving -depends on side and whether automatic generally after 4-6 weeks when patient has adequate control
- Swimming 16 weeks
- Golf 16 -20. weeks

Light work (sedentary) 6-8 weeks