



Reverse shoulder replacement (delta3):

Rehabilitation Protocol

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Surgery:

- The anatomy/structure of the healthy shoulder is reversed. The implant is arranged so that the socket is attached to the upper end of the humerus, and the ball part is attached to the scapula.

	Post op
Day 1 Day Case	<ul style="list-style-type: none"> • Mastersling fitted in theatre • Elbow, wrist and hand movements
1 week	<ul style="list-style-type: none"> • Remove body belt • Pendular exercises • Passive flexion, abduction, int/ext rotation • Scapular setting • Postural correction • ADL - perform below shoulder level as able • May keep sling for 2/52
6 weeks	<ul style="list-style-type: none"> • Wean sling off over 2-6/52 • Active assisted flexion, abduction, int/ext rotation - supine Progress to sitting as able • Active movement as able • Isometric strengthening of all groups as tolerated
8 weeks	<ul style="list-style-type: none"> • Active movements all ranges. Some end range stretches, self administered. • Isotonic strengthening through range • Regular end range stretches to end of available range • Strengthen for 6 months • Improvement continues for up to 2 years