



Reverse Shoulder Replacement

Advice and Exercise Leaflet



Nuffield
Health

General Guidelines

- Wear your **SLING** for 4-6 weeks. This includes overnight. Your physiotherapist and consultant will advise you when you can stop wearing it.
- When sitting you can take the sling off and support your arm on a pillow. You may find it gets hot under your armpit - you can use a pad or cloth to absorb the moisture.
- Dressing, showering and cooking can be difficult to start with, so it is useful to have someone to help you for the first few weeks.
- Only complete the exercises on this leaflet as taught by your physiotherapist and within the limits of your pain.
- You can expect pain after the surgery, to manage this make sure to take your **regular** pain relief as prescribed.
- **Sleeping** can be uncomfortable in the first few weeks. Try to lie on your back with a pillow behind your operated arm, or on your opposite side and use a pillow underneath your arm and forearm to rest your hand on.
- **Driving** from approximately 6 weeks is safe, as your pain and movement allows. You need to be able to work all of the controls, be comfortable holding the steering wheel and safely complete an emergency stop.
- **Return to work:** Sedentary 6-8 weeks (as pain allows) Physical or manual jobs require longer absence of 3-6 months. You can discuss returning to work with your physiotherapist/ consultant.

Home Exercises

Complete the exercises as your pain allows and within the limitations explained.

You can start your exercises when your nerve block wears off

It is normal to feel aching, discomfort or stretching sensation when doing the exercises; however if you experience intense and lasting pain (more than 30 minutes) do it less forcefully and less often. If this does not help, then discuss with your physiotherapist.

Avoid lifting anything heavier than a kettle or 0.5kg; pushing, pulling or weight-bearing through your arm for 6 weeks.

Repeat the exercises little and often. Aim for 5-10 repetitions, 2-3 times a day.

Posture - Try to maintain good posture at all times; do not be tempted to slump or round your shoulders.

Scapular Setting—Thinking about the 2 points of your shoulder blades, imagine drawing them up and back towards each other. Hold contraction for 5 seconds.



Neck movement - tilting your head from side-to-side; and also turning to look over your left then right shoulder gently, to stop your neck becoming stiff.



Elbow movement - take the sling off and allow your elbow to fully straighten. You may find this more comfortable when the arm is supported e.g. when lying down.



Stand in front of a mirror to complete the following exercises if necessary to ensure you are keeping your shoulders level and not raising them up towards your ears.

Flexion

Lying on your back, sitting or standing with your operated arm resting across your tummy, elbow bent to 90°. Hold the wrist of your operated arm with your other hand. Use your good hand to lift your arm up in front of you to 90° **ONLY (shoulder height)**. (If it is more comfortable completing the exercises in sitting, leave out number 3).

1.



2.



3.



External Rotation

Lying on your back, sitting or standing. Elbow of operated arm bent to 90° and held close to the body. Gently move your hand away from your chest to rotate your shoulder. DO NOT go past neutral.



If these exercises are too difficult / painful to complete please contact the physiotherapy department.

You will have a physiotherapy appointment at 2 weeks after your surgery, where they will begin to progress your exercises.

Please do contact us if you have any problems or questions.

For the first 6 weeks:

1. Avoid moving your arm out to the side and twisting backwards e.g. putting on a shirt or coat. Put your operated arm in the sleeve first.
2. Try not to reach up and behind you e.g. for seatbelt in the car.
3. Avoid leaning all of your bodyweight on your operated arm with your hand behind you e.g. getting up out of the chair. Think about raising your chair with an extra cushion or sitting on a seat where the base is more solid.

Over the next 3 months you will gradually progress your exercises with the physiotherapist to aim to regain your movement and strength, so you do not need to force the movement of the shoulder.

At home:

After the first 4 weeks. You can use your arm at waist level for light tasks such as lifting the kettle with a small amount of water, light dusting, ironing and cooking.

Hair care and washing - you may need to use long-handled combs, brushes and sponges, or ask for assistance.

Loose fitting clothing is easier to wear initially after your surgery e.g. shirts/ cardigans with buttons

When eating you may find it useful to have a non-slip mat under the plate

Getting back to activity:

Your ability to restart activities will depend on your pain, range of movement and strength. Your physiotherapist and surgeon will advise you, however as a guide:

- Gentle swimming after 8 weeks
- Gardening—after 6-8weeks for light tasks e.g weeding. Avoid heavier tasks such as digging or lifting for 6months
- Bowls - after 3 to 4 months
- Golf, tennis, badminton or squash—after 4 to 6months

Your ability to get back to activity can be affected by your activity levels and movement before the surgery.

Unfortunately, sometimes the muscles take a while to 'wake up', and you may find it is difficult to regain movement even though you are trying very hard. The pain should however, still be much less than before your operation.

Most improvement is seen in the first 6 months, however strength and movement can continue to improve for 18months to 2 years.

For an appointment at the
Nuffield Health Wessex Hospital
please telephone:

0845 045 48 45

If you have any problems or concerns please telephone:



Nuffield Health Wessex Hospital

Telephone: 023 8025 8406

Email: wessex.physiotherapy@nuffieldhealth.com

Winchester Road, Chandlers Ford,

Eastleigh, Hants SO53 2DW

It is company policy to provide credit/debit card details on arrival of appointments.