

## **Physiotherapy – Orthopaedics**

# **Reverse shoulder replacement**

**This leaflet is for patients after a reverse shoulder replacement.**

### **What to expect after surgery**

#### **Pain**

A nerve block is used during your operation. This means that immediately after the operation your shoulder and arm may feel numb. This feeling can last a few hours and your shoulder may be sore afterwards. You will be given painkillers to reduce your discomfort whilst in hospital. Painkillers will be prescribed for you. You will then be given advice on how to continue taking them at home.

#### **Exercises**

The success of your operation will often depend on you following your post-operative guidelines and exercises given.

Before being discharged you will be seen by a member of the therapy team.

They will explain the exercises you need to carry out for the best outcome of your surgery. It is vital that you complete all of the exercises.



### **Pendular hang for hygiene only**

Take your sling off and stand with your arm by your side. You can support yourself with your other hand on the arm of a chair or a table and bend over slightly. Allow the operated arm to hang straight down. This should give enough room for you to wash under your arm.

**It is important that you do not swing your arm; just let it hang.**



### **Postural advice**

Although wearing a sling, please try to observe an upright posture. This means **sit up tall, don't slouch!**

**It is essential that you wear your sling at all times and only complete the exercises taught to you. If you do not follow these precautions this could result in failure of your surgery.**

### **Care of surrounding joints**

You should complete your exercises 3 times a day.

## Patient Information

### Neck exercises

**Repeat 10 times**



Slowly look up, down, left and right, move one ear towards your shoulder and then the other.

### Elbow exercises

**Repeat 10 times**

Take your arm out of the sling, straighten elbow fully, and then bend fully.



Have your elbow bent and into your side. Turn your hand over palm down, then palm up as far as it can go.

**Repeat 10 times.**

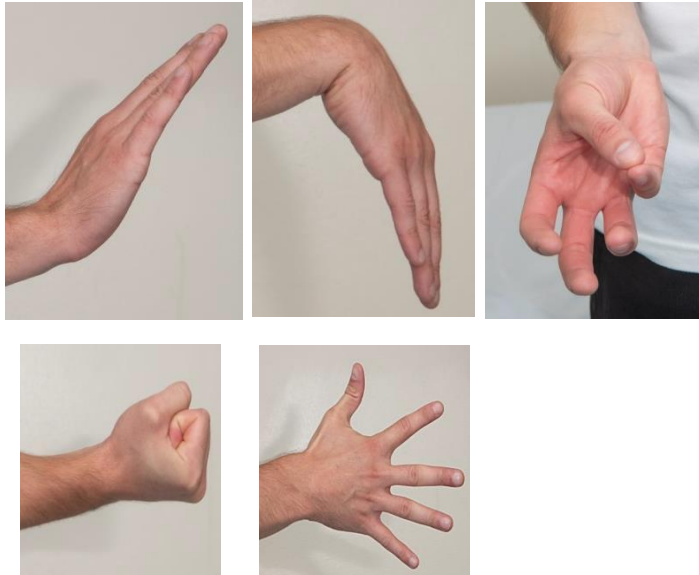


## Patient Information

### Wrist/hand exercises

**Repeat 10 times**

Bend wrist up and down, touch each fingertip to your thumb, make a fist and stretch out your fingers.



### Shoulder Rehabilitation

Assisted shoulder flexion on table to 90 degrees. **Repeat 10 times**



Remove your sling. Gently rest the forearm of your operated arm on a table with a towel underneath. Hold your elbow and forearm with your opposite hand and use this to gently slide your operated arm. You should only move forward to 90 degrees – elbow level with shoulder (as shown above).

## Patient Information

**Assisted shoulder abduction to 90 degrees. Repeat 10 times**



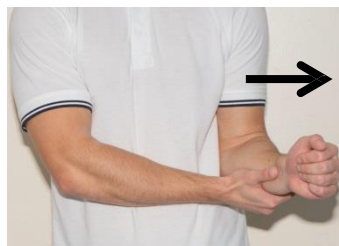
Gently rest the forearm of your operated arm on a table with a towel underneath. Hold the forearm of your operated arm with your opposite hand and use this to slide your operated arm sideways away from your body. You should only move sideways to 90 degrees – elbow level with shoulder (as shown above).

**Assisted external rotation to 20 degrees. Repeat 10 times.**

Step 1



Step 2



Step 1: Hold your arm as shown above; keep your elbow by your side and at 90 degrees.

Step 2: Gently move your operated side away from your body (20 degrees as shown), whilst keeping your elbow at your side.

## Fitting your sling

**You must wear your sling:**

- Day and night for

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- You can remove your sling for washing and dressing and your exercises.

## Patient Information

Your therapist will discuss the instructions with you.

### How to put the sling on by yourself

#### Step 1



Hold onto hand grips, thumb on one side all fingers on the other and slide your elbow/arm into the sling making sure the elbow is in the corner.



Fasten the Velcro that says AIRCAST.

#### Step 2



Hold the piece of the strap that doesn't have the clip

Bring the long strap around your back and over your opposite shoulder.

## Patient Information

### Step 3



Feed the front strap (with the Velcro) through the rectangular loop and attach the Velcro (making sure your arm is in a horizontal position).

### Step 4



Bring the strap with the clip, under your armpit and clip in the triangular hole. You can attach the clip near your hand or higher up (above the Velcro is also a small triangle), use the clip that your physiotherapist shows you.



The triangle joining all the straps together should sit at the bottom of the opposite shoulder blade.

## How to take off the sling (This can be done in standing or sitting)

### Step 1



Undo the clip from the triangular hole from under your armpit or from the triangular hole near your hand.

### Step 2



Undo the front strap, leaving the Velcro in its original place. Fully remove from the loop then take away from around the back of your neck.

### Step 3



Fully remove the sling from your arm.

## How to take off the sling when doing elbow exercises



Undo the Velcro strap that says AIRCAST



This will allow you to remove your arm but leave the sling attached to your body



This will allow you to straighten your elbow when completing your exercises

All the images taken at the Trust

## Discharge and follow-up

You will stay in hospital overnight and will need to arrange for someone to drive you home the day after your surgery.

Physiotherapy is essential after your operation and you will be contacted with an outpatient physiotherapy appointment between 10-14 days after your surgery. If you have not heard from outpatient physiotherapy within 7 days please contact the department (contact details below).

If you have stitches, they will be removed between 10-14 days after surgery. A nurse will explain how to arrange this.

## Wound concerns

If you have any concerns about your wound such as it:

- becomes red or inflamed
- starts to ooze or discharge
- starts to bleed
- starts to smell

Please use this number to leave a message 024 7696 8333.

Your messages will be picked-up Mon-Fri 07:30-17:30, Sat-Sun 07:30-13:30.

For out of hours support you will need to go to A&E or the Urgent Treatment Centre.

**If you have any queries or concerns about your physiotherapy please telephone the Orthopaedic Therapy Department between 08:00 and 17:00:**

## Patient Information

Rugby St Cross: 01788 663054

University Hospital Coventry and Warwickshire: 024 7696 5106

### **Or Therapy Outpatient Department (Monday – Friday) between 08:30 and 16:30:**

Rugby St Cross: 01788 663257

University Hospital Coventry and Warwickshire: 024 7696 6013

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact your physiotherapy department and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



#### **Document History**

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