



UNDERSTANDING YOUR SURGERY

# Reverse Total Shoulder Replacement

## Overview

This replaces a worn-out shoulder with metal and plastic implants, but with the ball and socket positions swapped. The reversed design lets your large deltoid muscle power the arm when the rotator cuff is no longer working — giving reliable pain relief and the ability to lift the arm again.

## About Your Procedure

### Why this surgery is recommended

- Severe arthritis combined with an irreparable rotator cuff tear
- Complex shoulder fractures, particularly in older patients
- Revision of a previous shoulder replacement

### What happens during surgery

- An incision at the front or side of the shoulder
- Worn joint surfaces replaced with implants in a reversed layout
- General anaesthetic
- Usually one night in hospital

## After Your Surgery

- Arm in a sling for **4–6 weeks**
- Physiotherapy starts within **1–2 weeks**
- No pushing up from a chair with the operated arm for **3 months**
- No driving for **6 weeks** after surgery

### Important precautions:

- Do not push up from a chair or bed with the operated arm for 3 months
- Heavy lifting and racquet sports may need long-term modification
- Report any sudden pain, clunk or loss of movement immediately

## Your Recovery at a Glance

### WEEKS 1–6

Sling. Pain management.  
Gentle assisted movement

### WEEKS 6–12

Active movement. Deltoid  
strengthening

### MONTHS 3–6

Progressive strengthening.  
Light daily tasks

### MONTHS 6–12

Return to recreation and light  
sport

## QUESTIONS YOU MAY WISH TO ASK

- ? What does my recovery look like for my job or sport?
- ? What are the main risks, and how likely are they for me?
- ? What pain relief will I need, and for how long?
- ? When can I return to work, and is travel safe early on?

## MY NOTES

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