

Postoperative Regime after Shoulder Surgery

V Refixation of the long biceps tendon, SLAP-Lesion

- Week 1-3
- Immobilization in a Gilchrist bandage
 - Passive/assistive practise up to 90° abduction and elevation
 - Passive/assistive exercise of the elbow joint
 - External rotation from the inner rotation position up to neutral 0 position is possible
 - Lymph drainage
 - Keep the thoraco-scapular sliding plane free, posture training

- Week 4-6
- Removal of shoulder immobilization bandage
 - Passive/assistive practise with free range of motion
 - Stepwise increasing isometric exercises in a closed system

- Week 7 and following
- Intensive physiotherapy
 - Free range of motion, stepwise increase of load bearing
 - Pain related active exercises
 - Muscle strength exercises with *Thera-Band*, training devices, etc.
 - PNF
 - Manual therapy

General Guidelines

- Active centering of the humerus head through the small shoulder muscles (pretension) before starting the specific exercise