

## Postoperative Regime after Shoulder Surgery

### III Rotator Cuff Reconstruction (arthroscopic or mini-open)

- Day 0-2
- Immobilization in a Gilchrist bandage
  - NSAR
  - Ice packs
- Day 3-14
- Shoulder-arm abduction pillow, e. g. Medi SAS comfort
  - Passive/assistive practice up to 60° abd/elev
  - No active external rotation, however passive external rotation from the inner rotation position up to neutral 0 position is possible
  - Careful isometric centering exercises
  - Keep the thoraco-scapular sliding plane free, posture training
  - Lymph drainage
- Week 3-4
- Shoulder-arm abduction pillow
  - Passive/assistive practice up to 90° abd/elev
  - No active external rotation
  - Submaximal isometric centering exercises
  - Training of the scapula- and thoracic spine-musculature in the open system
  - Electrotherapy (pain therapy, edema reduction)
  - Applications of heat
  - Manual therapy of the acromioclavicular joint, sternoclavicular joint
- Week 5-6
- Removal of shoulder-arm abduction pillow
  - Active assistive therapeutic exercises up to 120° abd/elev
  - External rotation up to 15°
  - Dynamic isometric centering exercises
  - Isometry
  - Manual therapy
- Week 7-8
- Free range of motion, initially active-assistive, then active
  - Muscular gain training for the shoulder blade muscles and rotation, also in the open system
  - PNF
  - Posture training
  - If need be, electrostimulation

- Week 9-16• Excentric and concentric muscle training, increasing up to general muscular full load-bearing
- Training in movement, coordination, reaction and endurance
  - Trainings elements specific to a certain sport from the 12<sup>th</sup> week

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