

Postoperative Regime after Shoulder Surgery

II Labrum-Ligament-Reconstruction

- Week 1-3
- Immobilization in a shoulder sling, e. g. Medi Arm fix, for 3 weeks
 - 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
 - Keep the thoraco-scapular sliding plane free, posture training
 - Lymph drainage

- Week 4-6
- Removal of shoulder sling
 - Passive/assistive practice up to 90° abd/elev
 - Continuous no external rotation over the neutral 0 position
 - Other guidelines according to week 1-3

- Week 7 and following
- Free range of motion, initially active-assistive than active
 - Stepwise increase of external rotation
 - Muscle strength training with TheraBand, medical training therapy etc.
 - PNF
 - Manual Therapy

General Guidelines

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

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