

## 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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