

Postoperative Regime after Shoulder Surgery

IV Shoulder hemi or total endoprosthesis

- Week 1-3
- Immobilization in a shoulder sling, e. g. Medi Arm sling
 - Physiotherapy: Lymphdrainage, swelling reduction
 - Keep the thoraco-scapular sliding plane free, posture training
- Week 4
- Passive/assistive practise up to 60° of abduction and elevation
 - Limitation of rotation to IRO/ARO 90/30/0°
 - Lymph drainage
 - Keep the thoraco-scapular sliding plane free, posture training
- Week 5-6
- Removal of the immobilization bandage
 - Passive/assistive practise up to 90° of abduction and elevation
 - Extrenal rotation up to the neutral 0 position!
 - Otherwise as week 4
- After week 7 and following
- Intensive physiotherapy
 - Free functional treatment, stepwise increase of external rotation
 - Pain related active exercising
 - Muscle strength training with TheraBand or other strength exercises
 - PNF
 - Manual therapy

Prof. Dr. Peter Strohm
Chief Physician

Prof. Dr. Volker Schöffl
Executive Physician
Shoulder Surgery & Sportorthopedics