

## Postoperative Regime after Shoulder Surgery

### I a Subacromial Detrapment, Mobilization in Anesthesia

#### Free functional exercises

- Isometric muscle training in all directions
- Keep the thoraco-scapular sliding plane free, posture training
- Exercises to decrease joint capsular tension and stretching of the joint capsular
- Therapy of Myogelosis
- Passive/assistive movements in the range of motion

#### CPM if pain free

- Isotonic training increasing up to general muscular full load-bearing
- PNF
- Training with TheraBand, medical training therapy etc.
- Swimming exercises

### General Guidelines

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

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