

Postoperative Regime after Shoulder Surgery

I b LBT-Tenodesis / (Reversed-Endoprosthesis)

- 2 weeks shoulder sling, e. g. Medi Arm fix
- Passive/assistive movements in the range of motion
- Keep the thoraco-scapular sliding plane free, posture training
- Exercises to decrease joint capsular tension and stretching of the joint capsular

After 2 weeks:

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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