

Center for Muskuloskeletal Surgery (CMSC)
Department for Shoulder and Elbow Surgery

Rehabilitation Protocol

Group 1 Immobilization in 60 ° external rotation and 30° abduction (Bledsoe ARC XR brace) for 3 weeks post shoulder dislocation



Group 2 Immobilization in internal rotation (shoulder immobilizer) for 3 weeks postoperative



Week 1-3:

- Isometric exercises with active centralization of the humeral head
- Lymphatic drainage and cryotherapy
- From week 2 on heat therapy (fango) if applicable

Week 4-6:

- Passive mobilization: up to 90° anteversion, 90° abduction, free internal rotation, external rotation limited to 60° for group 1 and 0° for group 2
- Beginning with active assisted mobilization and exercises without lifting

From week 7 on:

- Mobilization without limits for ROM according to patient symptoms
- therapeutic bathing is possible
- exercises in a closed chain for strengthening of the rotator cuff, deltoid muscle and scapulothoracic muscles
- coordination exercises using PNF

From week 12 on: - sports specific training and exercises

Return to sports after 6 months