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**