



Imhoff · Beitzel · Stamer
Klein · Mazzocca

Rehabilitation in Orthopedic Surgery

- An overview of surgical procedures
- Physiotherapy
- Sports therapy

Rehabilitation in Orthopedic Surgery

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Eds.

Rehabilitation in Orthopedic Surgery

Second Edition

An overview of surgical procedures
Physiotherapy
Sports therapy

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Foreword

The idea for this book arose many years ago from daily cooperation with physiotherapists on patients that had recently undergone surgery. We wanted to create a tried and tested handbook that briefly presents the relevant operative and outlined steps of a surgery, as well as the major physiotherapeutic stages, in a way that is simple, understandable and demonstrated using images.

In a team of physiotherapists, ergotherapists, sports scientists, orthopedic technicians, social education workers and doctors, the courses of treatment that form understandable and comprehensible guidelines for all involved, as well as for the patients at the center of the team, must be defined. They must also continue to be useful after the time in the first surgical clinic if further treatment is to be provided in a specialized rehabilitation center or by freelance physiotherapists on an inpatient or outpatient basis. We have therefore restricted ourselves to the most important and common surgical techniques on the upper and lower extremities, as well as the spine.

Our intensive cooperation with physiotherapists and doctors from clinics in the Medical Park Group formed the foundation that we expanded into a practical handbook. Dr. Trudi Volkert, former editor at Springer publishing house, and Dr. Hubert Hörterer, former Head Physician at Medical Park St. Hubertus Clinic, again provided us with significant support at the start, and gave us the encouragement that allowed this unique work to come to life. We owe both of them our heartfelt thanks. We also received considerable support in terms of development and design from Prof. Thomas Wessinghage, current Medical Director of Medical Park Bad Wiessee St. Hubertus Clinic and his employees Knut Stamer and Elke Klein. However, the book was only made possible thanks to the generous financial contribution from Medical Park AG. The current international edition was only possible thanks to the contribution from Medi GmbH. We would also like to extend our thanks to them.

Further thanks are owed to Burkhard Schulz, the photographer, and to Kathrin Schöffmann, our model, who posed for each of the stages of physiotherapy and made them come to life over an almost

endless number of sessions, as well as to Rüdiger Himmelhan for the illustrations. We would also like to thank Prof. Maximilian Rudert and Dr. Michael Ulmer, who contributed their specialist knowledge on a number of specific chapters, as well as qualified sports scientist Klaus Remuta for his assistance in creating the practical guides for stage IV.

The handbook should serve as a valuable tool, assistance, and manual for all team members supporting patients throughout the various post-surgical phases, and as a guide, without neglecting the recommendations of the surgeon and personal experience of the therapists. We are delighted to be able to present some new features as part of the second edition.

We also are very honored that Prof. Gus Mazzocca, Dr. Andreas Voss and David Lam from the University of Connecticut helped us in editing and translating the second edition of our book.

For the editors:

Andreas Imhoff and Knut Beitzel

Munich, Fall 2015

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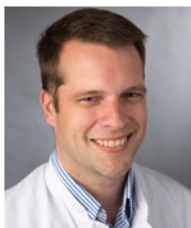
He was until 2014 an Executive Board member of the German Society of Orthopedics and Orthopedic Surgery (DGOOC) (First Secretary to the Management Board) and on the Executive Board of the German Society for Orthopedics and Trauma (DGOU).

Prof. Andreas B. Imhoff also holds the following positions: He was a member of the board of the German-speaking Society for Arthroscopy and Joint Surgery (AGA) from 1999 to 2013, and was Congress President in 1999 and President from 2000 to 2003. He has been an honorary member since 2013. Between 2007 and 2011, he was Chairman of the program committee of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS). He is currently an honorary member of the Arthroscopy Association of North America (AANA), honorary member of the Argentinian Shoulder Association, Corresponding Member of the Chilean Orthopedics and Trauma Association (SCHOT), Chilean Sports Orthopedic Association and American Society of Shoulder and Elbow (ASES), member of the board of trustees of the Association of Orthopaedic Research (AFOR) and board member of the German Knee Society (DKG). He also holds the Malaysian Federal Honorary Award of Darjah Kebesaran PANGLIAMA JASA NEGARA (P.J.N.) "DATUK".

He is a member of the following associations: European Society of Sports Traumatology, Knee Surgery and Arthroscopy (ESSKA), Société Européenne pour la Chirurgie de l'Épaule et du Coude (SECEC), American Orthopaedic Society for Sports Medicine (AOSSM), Bayerischer Sportärzterverband (Bavarian Sports Medicine Association), Deutscher Sportärzterverband (German Sports Medicine Association), Deutsche Gesellschaft für Unfallchirurgie (German Society for Traumatology; DGU), Schweizerische Gesellschaft für Orthopädie (Swiss Orthopedics Association; SGO), Deutsche Vereinigung für Schulter und Ellenbogen (German Association for Shoulders and Elbows; DVSE).

Prof. Andreas B. Imhoff is Editor in Chief for the Zeitschriften für Arthroskopie (Springer) and Operative Orthopädie und Traumatologie (Springer), and is also Assistant Editor of the Journal for Shoulder and Elbow Surgery (Elsevier) and the American Journal of Sports Medicine (AJSM). In addition, he is a consultant for the following journals: Sport-orthopädie/Sporttraumatologie (Springer), Deutsche Zeitschrift für Sportmedizin, Archives of Orthopaedic and Trauma Surgery (Springer), European Journal of Trauma and Emergency Surgery (Springer), Operative Techniques in Orthopaedics (Elsevier), Knee Surgery, Sports Traumatology, Arthroscopy (Springer).

Prof. Andreas B. Imhoff has received the following awards: Instructor in arthroscopic surgery AGA 1990, ASG Travelling Fellowship (USA, Canada and England) 1991, AGA Scientific Prize 1993, Education and Research Prize – Fellowship USA der AGA 1994/1995, Kappa Delta Young Investigator Award (AAOS/ORS) 1996, TUM nomination for the Leibnitz prize 2001, Scientific prize from the Association for Orthopaedic Research (AFOR) 2002, Center of Excellence 'Best Care' DKV 2002–2014, accreditation by the American Orthopaedic Academy AOA and ISAKOS as a teaching hospital since 1997. AGA-medi Award 2013: Structural and Biomechanical Changes in Shoulders of Junior Javelin Throwers – A Multimodal Evaluation as a Proof of Concept for a Preventive Exercise Protocol.



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International collaboration in both education and research is a top priority for Dr. Mazzocca bridging over six countries including Brazil, Japan, Austria, Germany, Italy, France and five of the seven continents. Dr. Mazzocca is internationally renowned for his work in the following areas: biceps tenodesis, distal biceps for the elbow, anatomic coracoclavicular reconstruction for the treatment of chronic acromioclavicular separation, and biologic augmentation of failed rotator cuff repair using concentrated bone marrow and platelet rich plasma. The extent of this research has led to 69 book chapters, 130 abstracts and posters and 133 peer reviewed journal articles.

Dr. Mazzocca also holds the following positions: he was the Program Director for the American Orthopaedic Society for Sports Medicine (AOSSM) for the 2015 International Meeting and a member at large for the AOSSM Nominating Committee from 2014-2015. In 2014, he served on the Upper Extremity Program Committee for Specialty Day.

Dr. Mazzocca has been a part of the American Shoulder and Elbow Society (ASES) Continuing Education Committee since 2009 and is a member of the Closed Meeting Committee for 2015 and 2016 and the ASES Continuing Education Committee from 2014-2015. He is also a member of the Arthroscopy Association of North America (AANA) Research

Committee since 2010. In 2003, Dr. Mazzocca was a founder of the New England Shoulder and Elbow Society (NESES) and continues to be part of its executive governing board since its inception in 2003. He remains an active member of AOSSM, ASES, AANA, and NESES as well as the following professional societies: American Academy of Orthopaedic Surgeons (AAOS), International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS), The American Orthopaedic Association (AOA), Orthopaedic Research Society (ORS), European Society for Surgery of the Shoulder and Elbow (ESSE), American College of Sports Medicine Member (ACSM), and the Connecticut Academy of Science and Engineering (CASE).

Dr. Mazzocca has served on the editorial board for several orthopaedic publications including: Orthopedics Today Basic Science & Technology Section Editor 2014, Orthopedics Today Editorial Board from 2013 to present, Techniques in Shoulder and Elbow Surgery, Editorial Board from 2010 to present, Associate Editor – Journal of Bone and Joint Surgery-Shoulder and Elbow Newsletter from 2011 to present, Section Editor-Arthroscopy Section for the AAOS Orthopaedic Knowledge Update 4th Edition in 2011, Co-Editor of the AAOS Monograph Disorders of the Proximal Biceps Tendon in 2011. He also received several awards including: the Richard B Caspari Award- (Best International Upper Extremity Paper) ISAKOS in 2005, Albert Trillat Young Investigator Award and Scientific Award for Best Scientific Paper ISAKOS in 2009, and the American Academy of Orthopaedic Surgeons Distinguished Volunteer Service Award in 2014. He has been recognized as a America's Top Orthopedists Consumers' Research Council of America in 2007 and 2008, Outstanding Shoulder Surgeons and Specialists, Becker's Orthopedic & Spine Review in 2011, Best Doctor's in America® in 2014, Best Doctor *Hartford Magazine* from 2008 to 2015, a Castle Connolly Top Doctor from 2012 to 2015.

Table of Contents

1	Introduction	1
	<i>Andreas B. Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
1.1	Idea behind the Book	2
1.2	Rehabilitation: Physiotherapy – medical training therapy – athletic ability	2
1.2.1	Rehabilitation process	2
1.2.2	Physiotherapy	3
1.2.3	Medical training therapy (MTT)	4
1.2.4	Athletic ability	5
1.3	ICF Model: Objective and planning of the course of rehabilitation	6
1.4	Principles of Diagnostics	7
	References	9
I	Upper Extremity	
2	Shoulder: Surgical procedure/aftercare	13
	<i>Andreas B. Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
2.1	Muscle/Tendon Repair	14
2.1.1	Reconstruction of the rotator cuff	14
2.1.2	Latissimus dorsi transfer	14
2.1.3	Pectoralis major transfer	16
2.1.4	Arthroscopic AC joint resection (ARAC)	17
2.2	Stabilization	18
2.2.1	Arthroscopic anteroinferior shoulder stabilization	18
2.2.2	Arthroscopic posterior shoulder stabilization	18
2.2.3	SLAP repair	19
2.2.4	AC joint reconstruction	21
2.3	Endoprosthesis	23
2.3.1	Total endoprosthesis (TEP), hemiprosthesis without glenoid replacement (HEP) and replacement of the humeral head (e.g. Eclipse®)	23
2.3.2	Shoulder endoprostheses, inverse	24
2.4	Arthrolysis	25
2.4.1	Arthroscopic arthrolysis of the shoulder	25
	References	26
3	Shoulder: Rehabilitation	27
	<i>Andreas B. Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
3.1	Phase I	28
3.1.1	Physiotherapy	28
3.2	Phase II	32
3.2.1	Physiotherapy	32
3.2.2	Medical training therapy	43
3.3	Phase III	45
3.3.1	Physiotherapy	45
3.3.2	Medical training therapy	55
3.4	Phase IV	58
	References	60

4	Elbow: Surgical procedure/aftercare	61
	<i>Andreas B. Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
4.1	Stabilization	62
4.1.1	Capsule/ligament reconstruction in in the event of elbow joint instability	62
4.2	Cartilage surgery	62
4.2.1	OATS elbow	62
4.3	Endoprosthesis	63
4.3.1	Endoprosthesis of the elbow joint	63
4.4	Arthrolysis	63
4.4.1	Arthrolysis of the elbow joint	63
	References	64
5	Elbow: Rehabilitation	65
	<i>Andreas B. Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
5.1	Phase I	66
5.1.1	Physiotherapy	66
5.2	Phase II	68
5.2.1	Physiotherapy	68
5.2.2	Medical training therapy	72
5.3	Phase III	74
5.3.1	Physiotherapy	74
5.3.2	Medical training therapy	77
5.4	Phase IV	79
5.4.1	Sports therapeutic content for the upper extremity	79
	References	85
II	Lower extremity	
6	Hip: Surgical procedure/aftercare	89
	<i>Andreas B. Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
6.1	Endoprosthesis	90
6.1.1	Superficial hip replacement	90
6.1.2	Hip TEP standard	90
6.2	Osteotomies	91
6.2.1	Osteotomy near the hip joint: Triple pelvic osteotomy	91
6.2.2	Proximal femur osteotomy	91
6.3	Impingement therapy on the hip joint	92
6.3.1	Labrum and femoral neck therapy	92
	References	93
7	Hip: Rehabilitation	95
	<i>Andreas B. Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
7.1	Phase I	96
7.1.1	Physiotherapy	96
7.2	Phase II	100
7.2.1	Physiotherapy	100
7.2.2	Medical training therapy	106
7.3	Phase III	107
7.3.1	Physiotherapy	107
7.3.2	Medical training therapy	112
7.4	Phase IV	113
	References	113

8	Thigh: Surgical procedure/aftercare	115
	<i>Andreas Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
8.1	Muscle/Tendon Repair	116
8.1.1	Refixation of the ischiocrural muscles	116
8.1.2	Refixation of the proximal rupture of the rectus femoris muscle	116
8.1.3	Refixation of the distal quadriceps rupture	117
	References	118
9	Thigh: Rehabilitation	119
	<i>Andreas Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
9.1	Phase I	120
9.2	Phase II	120
9.2.1	Physiotherapy	120
9.3	Phase III	121
9.3.1	Physiotherapy	121
9.3.2	Medical training therapy	124
9.4	Phase IV	124
	References	124
10	Knee: Surgical procedure/aftercare	125
	<i>Andreas Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
10.1	Meniscus surgery	126
10.1.1	Partial meniscus resection	126
10.1.2	Meniscus refixation	126
10.1.3	Meniscus transplant	127
10.2	Capsule/ligament reconstructions	127
10.2.1	Reconstruction of the anterior cruciate ligament (ACL) (double bundle technique with tendons of the gracilis and semitendinosus muscles)	127
10.2.2	Reconstruction of the posterior cruciate ligament (PCL) (double bundle technique with tendons of the gracilis and semitendinosus muscles)	129
10.2.3	Modified Larson plastic surgery (reconstruction of the collateral lateral ligament)	130
10.3	Osteotomies	130
10.3.1	High tibial osteotomy (HTO): valgus osteotomy with medial opening (open wedge)	130
10.3.2	Lateral closing valgus osteotomy (closed wedge/stable-angle implant)	131
10.3.3	Supracondylar osteotomy: lateral lift-off of valgus osteotomy	131
10.4	Endoprosthesis	132
10.4.1	Knee joint prosthesis	132
10.5	Patella surgery	134
10.5.1	Trochleoplasty	134
10.5.2	Reconstruction of the medial patellofemoral ligament (MPFL)	134
10.5.3	Tuberosity transposition	135
10.6	Arthrolysis	135
10.6.1	Arthrolysis of the knee joint	135
	References	136
11	Knee: Rehabilitation	137
	<i>Andreas Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
11.1	Phase I	138
11.2	Phase II	138
11.2.1	Physiotherapy	138
11.3	Phase III	153
11.3.1	Physiotherapy	154
11.3.2	Medical training therapy	164

11.4	Phase IV	168
	References	169
12	Cartilage treatment on the knee joint: Surgical procedure/aftercare	171
	<i>Andreas B. Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
12.1	Surgical techniques for cartilage treatment	172
12.1.1	Microfracture	172
12.1.2	Osteochondral Autologous Transfer System (OATS)	173
12.1.3	Mega OATS technique	174
12.1.4	Matrix-associated autologous chondrocyte transplantation (MACT)	174
12.1.5	Patella OATS	175
	References	176
13	Cartilage treatment on the knee joint: Rehabilitation	177
	<i>Andreas B. Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
13.1	Phase I	178
13.2	Phase II	178
13.2.1	Physiotherapy	178
13.2.2	Medical training therapy	181
13.3	Phase III	183
13.3.1	Physiotherapy	183
13.3.2	Medical training therapy	186
13.4	Phase IV	188
	References	188
14	Ankle joint: Surgical procedure/aftercare	189
	<i>Andreas Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
14.1	Tendon repair	190
14.1.1	Percutaneous frame suture of the Achilles tendon	190
14.2	Capsule/ligament reconstructions	191
14.2.1	Upper ankle joint ligament surgery (lateral)	191
14.2.2	Upper ankle joint syndesmosis reconstruction (Tight Rope®)	191
14.3	Cartilage surgery	193
14.3.1	Talus OATS	193
14.4	Endoprosthesis	194
14.4.1	Upper ankle joint total endoprosthesis (Salto®)	194
14.5	Arthrolysis	194
14.5.1	Upper ankle joint arthrolysis	194
	References	195
15	Ankle joint: Rehabilitation	197
	<i>Andreas B. Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
15.1	Phase I	198
15.2	Phase II	198
15.2.1	Physiotherapy	198
15.2.2	Medical training therapy	207
15.3	Phase III	208
15.3.1	Physiotherapy	208
15.3.2	Medical training therapy	216
15.4	Phase IV	218
15.4.1	Sports therapeutic content for the lower extremity	218
	References	221

III Spine

16	Cervical spine: Surgical procedure/aftercare	225
	<i>Andreas Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
16.1	Intervertebral disc surgery	226
16.1.1	Cervical spine intervertebral disc prosthetic	226
16.1.2	Laminectomy/decompression	226
16.2	Stabilization	226
16.2.1	Spondylodesis ventrally/vertebral replacement	226
	References	227
17	Cervical spine: Rehabilitation	229
	<i>Andreas B. Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
17.1	Phase I	230
17.1.1	Physiotherapy	230
17.2	Phase II	232
17.2.1	Physiotherapy	232
17.2.2	Medical training therapy	238
17.3	Phase III	239
17.3.1	Physiotherapy	240
17.3.2	Medical training therapy	242
17.4	Phase IV	244
	References	245
18	Thoracic/lumbar spine: Surgical procedure/aftercare	247
	<i>Andreas Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
18.1	Fracture surgery	248
18.1.1	Kyphoplasty (Kyphon)	248
18.2	Intervertebral disc surgery	248
18.2.1	Lumbar microdiscectomy	248
18.3	Stabilization	249
18.3.1	Spondylodesis dorsally	249
	References	250
19	Thoracic/lumbar spine: Rehabilitation	251
	<i>Andreas B. Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
19.1	Phase I	252
19.2	Phase II	252
19.2.1	Physiotherapy	252
19.2.2	Medical training therapy	258
19.3	Phase III	261
19.3.1	Physiotherapy	261
19.3.2	Medical training therapy	264
19.4	Phase IV	267
19.4.1	Sports therapeutic content for the spine	267
	References	271
20	Rehab training in water	273
	<i>Andreas B. Imhoff, Knut Beitzel, Knut Stamer, Elke Klein</i>	
20.1	Preliminary considerations and preparation	274
20.1.1	Advantages of training in water	274
20.1.2	Absolute and relative contraindications	274
20.1.3	Creation of a training unit	274

20.2 Spine	274
20.2.1 Focus on movement control	274
20.2.2 Focus on Mobility	275
20.2.3 Focus on strength	276
20.2.4 Swim pattern and sport	276
20.3 Shoulder	276
20.3.1 Focus on Mobility	276
20.3.2 Focus on strength	277
20.3.3 Focus on coordination, endurance	278
20.3.4 Training depth perception	279
20.3.5 Swim pattern and sport	279
20.4 Hip	280
20.4.1 Focus on Mobility	281
20.4.2 Training depth perception	281
20.4.3 Focus on strength	281
20.4.4 Focus on coordination, endurance	281
20.4.5 Swim pattern and sport	282
20.5 Knee	282
20.5.1 Focus on Mobility	282
20.5.2 Training depth perception	283
20.5.3 Focus on strength	283
20.5.4 Focus on coordination, endurance	283
20.5.5 Swim pattern and sport	283
References	283
 Glossar and Subject Index	
Glossar	286
Subject Index	288

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