

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