

Giovanni Di Giacomo
Silvia Bellachioma
Editors

Shoulder Surgery Rehabilitation

A Teamwork Approach

 Springer

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Giovanni Di Giacomo
Concordia Hospital for Special Surgery
Rome
Italy

Silvia Bellachioma
Concordia Hospital for Special Surgery
Rome
Italy

ISBN 978-3-319-24854-7 ISBN 978-3-319-24856-1 (eBook)
DOI 10.1007/978-3-319-24856-1

Library of Congress Control Number: 2016934463

Springer Cham Heidelberg New York Dordrecht London
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Printed on acid-free paper

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To my mom, the most important person of my life, who was and still is able to make the impossible possible. Thank you for having believed in me, and for making every day of my life unique and special. With much love,

Silvia Bellachioma

To my friend Giovanni Danieli for his skill, professionalism, and passion for his work.

Giovanni Di Giacomo

Foreword

It is a pleasure to have the opportunity to write a foreword for *Shoulder Surgery Rehabilitation: A Teamwork Approach* on behalf of Doctors Di Giacomo and Bellachioma. Having worked personally with Doctors Di Giacomo and Bellachioma, I can attest to their skill and professionalism in what they do in their respective fields. Now they document how to work as an orthopedic surgeon-physiotherapist team. This text will enhance communication between treating healthcare professionals including orthopedic surgeons, non-orthopedic physicians, and physical therapists. It is well organized, provides excellent explanations of functional anatomy and biomechanics, discusses treatment options available and the rationale for decision-making, as well as possible complications.

With beautiful, meticulous illustrations of anatomy, pathology, and surgical procedures, and well-demonstrated rehabilitation techniques and exercises, this text will enhance the knowledge of what is involved in shoulder surgical procedures, and help physical therapists understand the rationale behind the recommended protocols and modification of protocols for each procedure, depending on the surgical variables. The importance of rehabilitation of the shoulder in the context of the kinetic chain, rather than in isolation is well supported, and is consistent with the way that Doctors Di Giacomo and Bellachioma have successfully worked together for many years. Each chapter clearly elucidates the roles of the orthopedic surgeon and physical therapist to insure a seamless recovery from injury whether or not surgery is involved.

Ben Rubin, MD
Orthopaedic Specialty Institute Medical Group of Orange County
Orange, CA, USA

Foreword

It is an exciting honor for me to help welcome the collaborative effort of this new textbook. The shoulder is a unique joint in that it is so dependent on soft tissue and muscular input, and this dependence is often underappreciated by orthopedic surgeons as we care for injuries around the shoulder joint. There has long been the need for our textbooks to approach the shoulder from a team-centered perspective. It is a pleasure to see this text and commend Doctor Di Giacomo and his team in capturing the collaboration between the surgeon and the therapist throughout the course of care. This textbook has captured the essence of multidisciplinary teamwork in the ideal approach to the shoulder. With a highly respected international group of authors, this text leverages the thought leaders from multiple nations, which gives it a worldwide relevance for surgeons and therapists wherever they live. I believe the reader will find this text extremely well illustrated, and with a combination of in-depth discussion with emphasis on key take-home points that will be valuable for readers at every level of training – from the young therapist to the seasoned orthopedic surgeon, there is something to be learned by all of us in this text. I believe it will become a well-referenced tool and a go-to reference for the entire shoulder team across the spectrum of care, and congratulate the editors on advancing our ability to care for the injured shoulder with this text.

John M. Tokish, MD
Steadman Hawkins Clinic of the Carolinas
Greenville, South Carolina, USA

Preface

Over the past decade, important advances in shoulder joint imaging and surgery have led to more accurate patient selection and constant updating of surgical procedures. On the rehabilitation front, too, functional anatomy and neurophysiology studies have combined with state-of-the-art biomechanics to improve rehabilitation protocols.

If positive postoperative outcomes are to be achieved, it is absolutely necessary that surgery and rehabilitation go hand in hand. Indeed, the recent acquisitions of know-how should ensure a seamless “cultural overlap” between orthopedics and rehabilitation. The physiotherapist must be familiar with indications for surgery, surgical techniques, and their possible complications in order to establish an appropriate rehabilitation protocol that caters for individual patient requirements and must also be able to interact effectively with the surgical team. Similarly, the orthopedic surgeon must be aware of the new rehabilitation possibilities that allow the achievement of better subjective and objective results.

The editors hope that this manual – developed together with surgical teams that have always attributed great importance to the rehabilitation phase – will meet the needs of physiotherapists, rehabilitation specialists, and surgeons and facilitate effective teamwork.

Rome, Italy
Rome, Italy

Giovanni Di Giacomo
Silvia Bellachioma

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G. Di Giacomo (✉) • S. Bellachioma
Concordia Hospital for Special Surgery, Rome, Italy
e-mail: concordia@iol.it; sissybll@hotmail.it

E. Silvestri
fisiosmart, Rome, Italy
elena.silvestri@email.it