

BADAL next OTNI Humerus Stem

Physiotherapy Protocol

CONFIDENTIAL

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Version 1
Dec, 2025

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BADAL next Primary Aftercare

1. Stoma cleaning with luke-warm tapwater and soap twice daily, starting at 24 hours after implantation surgery.
2. Loading with load set and shoulder ROM exercises, starting at six weeks after implantation surgery

Progressive loading with load set and shoulders ROM exercises

Loading with the Ellis load set starts at 6 weeks after implantation surgery. The Ellis load set consists of a container with a number of load plates. Each plate weights 100g. The first step is the attachment of the load set container without load plates and as soon as the patient feels comfortable with the weight of the load set container, the first load plate of 100g can be added. Consequently, more load plates may be added one by one, in a timely manner based on the patients' comfort. Going too fast with load progression may lead to discomfort and shoulder pain. Discomfort and shoulder pain localized in the rotator cuff muscles are a result of overuse of muscles and ligaments. After trans-humeral amputation, the rotator cuff shoulder muscles and attachments are often atrophic as a result of disuse. During the loading phase, shoulder range of motion exercises should be performed carefully, preferably under supervision of a physiotherapist.



Ellis Load set

Please be informed that the intensity of exercises should be reduced as soon as the patients experiences shoulder pain. During the loading phase, shoulder muscle strengthening exercises are not indicated since the passive range of motion exercises, executed with load set, are sufficient to strengthen the shoulder muscles. Overuse complaints of the shoulder should be avoided.

The full-length arm-prosthesis may be attached as soon as the load weight of the load-set has reached the weight of the arm-prosthesis. Exercises with the arm-prosthesis are similar as those used for socket attached arm prostheses and depend on the prosthetic components used, e.g. passive, body powered, myo-electric etc

Loading and lifting exercises with the arm prosthesis connected to the BADAL net implant, should not exceed 8 kg.