



NONOPERATIVE SHOULDER DISLOCATION PROTOCOL

Rehab Guidelines

First Time Dislocators: May be immobilized for 4-6 weeks before starting physical therapy.

Recurrent Dislocators: Physical therapy can begin immediately

Phase I: 0-4 weeks (typically):

Goals:

- Re-establish full motion
- Retard muscular atrophy
- Decrease pain and inflammation
- Allow capsular healing

- AAROM with wand to tolerance
- Begin IR/ER at side, progress to 30degrees, 60 degrees then 90 degrees AB as pain subsides
- Submax isometrics for all shoulder musculature
- Gentle joint mobs & PROM
- Modalities PRN (ice, IFC-Estim etc . . .) to decrease inflammation and pain

Phase II: 4-8 weeks: Goals:

Increase dynamic stability Increase strength Maintain full motion

- Isotonic Strenghtening
 - Rotator Cuff
 - Scapular Stabilizers
 - Deltoid, Biceps, Triceps

Rhythmic Stabilization

- Basic
- Intermediate
- Advanced

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Phase III: 8-12:

Goals:

- Increase neuromuscular control (especially in apprehension position)
- Progress dynamic stability
- Increase overall strength

- Continue to progress previous isotonic exercises
- Begin dynamic stabilization
 - Basic
 - Intermediate
 - Advanced

- Introduce basic plyometrics
- *In Athletes begin to work ER/IR in 90 degrees AB

- Phase IV: Return to Activity

Goals:

Progressively increase activities to patient for full functional return

- Continue previous isotonic strengthening program
- Advance plyometrics
- Instruct in maintenance program prior to discharge