

## Traumatic Shoulder Dislocation

### ● 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

### ● 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