



REHABILITATION PROTOCOL: NON-OPERATIVE SHOULDER DISLOCATION

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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 muscle atrophy
Decrease pain and inflammation
Allow capsular healing

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

Phase II: 4-8 weeks

Goals:

Increase dynamic stability
Increase strength
Maintain full motion

- Isotonic strengthening
 - Rotator cuff
 - Scapular stabilizers
 - Deltoid, biceps, triceps
- Rhythmic Stabilization
 - Basic
 - Intermediate
 - Advanced

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Adapted from Vanderbilt Sports Medicine

Phase III: 8-12 weeks

Goals:

Increase neuromuscular control (especially in apprehension position)

Progress dynamic stabilization

Increase overall strength

- Continue to progress previous isotonic exercises
- Begin dynamic stabilization
 - Basic
 - Intermediate
 - Advanced
- Introduce basic plyometrics
- * In athletes, begin to work on 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

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