



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

🟡 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