Shoulder Dislocation Rehab Protocol (Non-Operative)

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 30 degrees, 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 Strengthening: 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