

Shoulder dislocation Non-op Rehab Protocol

Home exercise program (HEP):

- You will be provided the following home exercises:
 - Phase III Home exercise program: scapular stabilization + Isometric exercises
 - Phase IV home exercise program: shoulder + scapular strengthening

Return to Sport timeline and criteria:

- In season and wanting return: ~4w with protective brace
- Out of season: ~3m once criteria met
- Criteria for return:
 - Full, painless range of motion without apprehension
 - Similar shoulder strength to contralateral
 - Apprehension in position of dislocation or instability is gone

Weeks 0-2:

Sling	• Sling at all times except during hygiene and home exercises
Weight Restrictions	• < 1 lb (phone, toothbrush, etc) ○ May begin using arm for daily activities in front of body (i.e. computer/desk work) • No strengthening
Range of Motion	• Start passive and active-assist range of motion ○ Flexion: < 90 deg (hand to about shoulder height) ○ Abduction (away from body): none ○ External rotation: < 30 degrees ○ Internal rotation: to stomach – only in front of body (not behind back) ○ Avoid sleeper stretch, behind the back stretches, or abduction + external rotation stretches (throwing position) ○ Helpful guide: pretend your arm is against a wall – do not do any motion away from your body that would go into the wall (abduction or external rotation)
Exercises	• Phase III Home Exercise Program – Scapular stabilization + isometric exercises

Weeks 2+:

Sling	• Out of sling
Weight Restrictions	• Progressive strengthening
Range of Motion	• Progress motion without restriction to tolerance ○ Avoid positions of instability or apprehension until feeling of apprehension is gone: ▪ Anterior dislocation: abduction + external rotation (throwing position) ▪ Posterior dislocation: adduction + forward flexion + internal rotation (reaching across your body to the other shoulder)
Exercises	• Phase IV Home Exercise Program – Scapular and shoulder strengthening