ANTERIOR SHOULDER DISLOCATION PROTOCOL

PHASE I: 0 – 3 WEEKS S/P INJURY

Bracing:
Ultra-Sling ER: position arm in 10° of ER. Use at all times except showering / bathing

Modalities:
Cryotherapy 3x/ day
TENS if c/o pain
NMES

PROM:
None at Glenohumeral joint

Therapeutic Exercise:
Wrist / Hand Exercises
Elbow AROM
Scapulo-thoracic (Moseley) with manual resistance in limited ROM
Scapular elevation / depression / retraction
Pain-Free Multiple-Angle Isometrics Shoulder IR/ER in Neutral to Full IR
Sidelying ER to 10° Maximum
Supported Bicep Curls and Triceps Extension
Core Stability Training
Cardiovascular Conditioning

PHASE II: 3 – 6 WEEKS S/P INJURY

Bracing:
Ultra-Sling ER: only as needed for comfort / symptom control

Modalities:
TENS if c/o pain
NMES as needed
Cryotherapy as needed

AROM:
Gradual return as symptoms allow
At 4 – 5 weeks, begin gradual progression of ER at 90° abduction
Goal of full AROM by 6 weeks

PROM:
Glenohumeral joint to full PROM as symptoms allow
Phase II (continued): 3 – 6 weeks s/p injury

**Therapeutic Exercise:**
- No Glenohumeral Extension beyond neutral for 4 weeks s/p injury
- UBE Forward and Retro (60 – 120 rpm)
- Moseley Scapulo-thoracic Exercises
- Rows (limited to neutral until 4 weeks)
- Townsend Glenohumeral Exercises
- Sidelying ER to tolerance
- Isotonic IR / ER in Scaption
- Total arm strength: Bicep Curls / Tricep Extensions / Wrist / Hand

  **At 4 Weeks:** Begin PNF patterns at 90° Abduction with ER limited to tolerance
  **At 4 Weeks:** Begin prone horizontal ABD with ER

**Isokinetics:**
- Isokinetic IR / ER in 30/30/30

**Proprioceptive:**
- Rhythmic stabilizations
- OKC perturbation training
- CKC stabilization in limited weightbearing position

**Sport / Activity:**
- Core stability training
- Cardiovascular conditioning

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**PHASE III: 6+ WEEKS S/P INJURY**

**Bracing:**
- Not indicated beyond 4 weeks post injury

**Modalities:**
- Cryotherapy prn

**AROM / PROM:**
- Full with no limits

**Therapeutic Exercises:**
- Progress to independent rehabilitation program by **10 weeks**
- UBE Forward and Retro
- Moseley Scapulo-thoracic PRE’s
- Townsend Glenohumeral PRE’s
- Total Arm Strength
- PNF patterns with full AROM
- IR / ER at 90° ABD
- Prone Horizontal ABD with ER
- Prone Scaption with ER
Phase III (continued): 6 weeks s/p injury

**Isokinetics:**
- Isokinetic IR / ER at 30/30/30 with progressive speeds
- Isokinetic IR / ER at 90° ABD

**Proprioceptive:**
- OKC stabilization- IR / ER; Horizontal ABD / ADD; Flex / Ext; ABD / ADD
- CKC stabilization- WBAT in UE’s
- Random quadrant catch 2 handed with progression to 1 handed
- Static push-ups: progress from standing → modified plantigrade → prone on knees → standard push-up → single arm

**Plyometric Series:**
- Basketball dribbling (standing) → prone dribbling (flexed 120 - 170°)
- Plyoback / Plyoball catch and throw
- Plyometric push-ups – varying degrees towards prone

**Testing:**
- At 6 – 8 weeks, Functional Testing.
- At 6 – 8 weeks, Isokinetic IR / ER at 30/ 30/ 30
- At 6 – 8 weeks, Isokinetic ER / ER at 90° ABD if overhead athlete / laborer

**Sport / Activity:**
- Interval throwing / Golf / Tennis (racket) / Volleyball Programs if Functional and Isokinetic Strength is 90% vs. uninvolved

**Return to Work and Sport:**
- No pain + Full AROM
- 90% Functional / Isokinetic Strength
- Physician Approval
- Duke – Wyre Shoulder Vest Brace or Sully Shoulder Stabilizer (for sport)

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