

Anterior Shoulder Dislocation/Subluxation Rehabilitation Program - Accelerated

The Gundersen Health System Sports Medicine Anterior Shoulder Dislocation/Subluxation Rehabilitation Program is an evidence-based and soft tissue healing dependent program which allows patients to progress to vocational and sports-related activities as quickly and safely as possible. Individual variations will occur based on patient tolerance and response to treatment. Contact us at 1-800-362-9567 ext. 58600 if you have questions or concerns.

| Phase I: 0-2 weeks | Phase II: 2-6 weeks | Phase III: 6 weeks+ |
|---|---|---|
| sling: use as needed. | sling: Only as needed for symptom control | |
| <p>PROM: limit flexion to 120 deg and ER to neutral.</p> <p>No 90/90 positioning</p> <p>AROM: Gradual return as symptoms allow. Limit shoulder elevation to 90 deg. No ER past neutral</p> | <p>AROM: Elevation: as tolerated 90/90 ER: at 4-5 wks start gradual progression to 90/90 ER.</p> <p>Goal of full ROM by 6 wks</p> | <p>AROM: Full with no limits</p> |
| <p>Modalities: Cryotherapy 3x/day IFC if c/o pain</p> | <p>Modalities: Cryotherapy PRN IFC if c/o pain NMES</p> | <p>Modalities: Cryotherapy PRN</p> |
| <p>RX: Recommendations: Wrist / Hand exercises Elbow flex/ext ROM Shoulder PROM: flexion: 0-120 ER: neutral</p> <p>Shoulder AROM: elevation 0- 90 deg. No ER past neutral No behind the back movement</p> <p>Pain-free M<I IR/ER in neutral Flexion, abduction, IR, ER Sidelying ER Supported Bicep curls and Tricep extensions</p> <p>Rhythmic stabilizations IR/ER in neutral</p> <p>Core stability training CV conditioning</p> <p style="text-align: right;">7/2023</p> | <p>RX: Recommendations: Return of ROM. As tolerated except for 90/90 ER (start progress at 4-5 weeks)</p> <p>Scapulo-thoracic (Moseley) (Rows + Press limited to neutral until 4 wks) GH exercises (Townsend) Sidelye ER to AROM tolerance Isotonic IR/ER in scaption Prone horizontal abduction Prone shoulder extension</p> <p>Total arm strength Biceps curls Triceps extensions</p> <p>Rhythmic stabilizations Perturbation training Proprioceptive/kinesthetic</p> <p>4 wks PNF patterns w/ limit to ER at 90 ABD exercises Isokinetic IR/ER in 30/30/30</p> <p>Core stability training CV conditioning</p> | <p>RX: Recommendations: Scapulothoracic (Moseley) GH exercises (Townsend) Isotonic IR/ER progress to 90/90 Isokinetic IR/ER gradual progression to 90/90 Prone ER with hor abduction Lower trapezius exercises Total arm strength PNF patterns full ROM</p> <p>Perturbation training</p> <p>Plyometric exercises Core stability training CV conditioning</p> <hr/> <p>Testing: 6-8 wks Isokinetic IR/ER Test (30/30/30 or 90/90 if overhead athlete / laborer) Return to Work/Sport No Pain + Full ROM Isokinetic Strength - 90% Functional Testing – 90% MD approval Duke-Wyre Brace (used for certain athletic activities)</p> |

Anterior Shoulder Dislocation References

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