## Anterior Shoulder Dislocation/Subluxation Rehabilitation Program

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: 0-3 weeks	Phase II: 3-6 weeks	Phase III: 6 weeks+
<b>Ultra-sling:</b> Position arm in 10 deg of ER. Use at all times except showering	Ultra-sling: Only as needed for symptom control	Ultra-sling: Not applicable
AROM: None	<b>AROM:</b> Gradual return as symptoms allow. 4-5 wks start gradual progression to 90/90. Goal of full ROM by 6 wks	<b>AROM:</b> Full with no limits
Modalities: Cryotherapy 3x/day IFC if c/o pain NMES	Modalities: Cryotherapy PRN IFC if c/o pain NMES	Modalities: Cryotherapy PRN
RX: Recommendations:   Wrist / Hand exercises   Elbow flex/ext ROM   Scapulo-thoracic (Moseley)   with manual resistance in   limited ROM   Pain-free M <i er="" in="" ir="" neutral<="" td="">   to full IR   Sidelying ER to 10 deg ER   Supported Bicep curls   and Tricep extensions   Core stability training   CV conditioning</i>	RX:Recommendations:Scapulo-thoracic (Moseley) (Rows + Press limited to neutral until 4 wks)GH exercises (Townsend)Sidelying ER to AROM toleranceIsotonic IR/ER in scaptionIsokinetic IR/ER in scaptionIsokinetic IR/ER in 30/30/30Total arm strengthBiceps curlsTriceps extensions4 wks PNF patterns w/ limit to ER at 90 ABD Prone ER with hor abductionRhythmic stabilizations OKC perturbation training Proprioceptive/kinesthetic exercisesCore stability training CV conditioning	RX:Recommendations: Scapulothoracic (Moseley) GH exercises (Townsend) Isotonic IR/ER Isokinetic IR/ER gradual progression to 90/90 Prone ER with hor abduction Lower trapezius exercises Total arm strength PNF patterns full ROMOKC Perturbation training CKC Perturbation training CKC Perturbation training CV conditioningPlyometric exercises Core stability training CV conditioningTesting:6-8 wks Isokinetic IR/ER Test (30/30/30 or 90/90 if overhead athlete / laborer)Return to Vork/Sport No Pain + Full ROM Isokinetic Strength - 90% MD approval Duke-Wyre Brace (used for certain athletic activities)
Updated 11/03		

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## **Anterior Shoulder Dislocation References**

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