



From the office of:

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Non-operative treatment of anterior shoulder dislocation

PT to evaluate and treat 2-3 x/week for 6 weeks s/p anterior shoulder dislocation

Phase 1 (acute, 0-3 weeks):

- Goals: decrease pain, protect healing, re-establish non-painful ROM, prevent muscle atrophy, improve proprioception
- Sling as needed for comfort
- Therapeutic modalities as indicated
- Gentle joint mobilizations, AROM, AAROM
 - No stretching; motion performed in non-painful arc only
 - ****Avoid combined abduction and external rotation****
- Isometrics, electrical stimulation as indicated, scapular stabilizer strengthening
- Criteria to progress: Near full PROM (ER may be limited), minimal pain, >4/5 strength, baseline proprioception

Phase 2 (intermediate, 3-6 weeks):

- Goals: regain/improve strength, improve neuromuscular control of shoulder
- Progress ROM to pain-free tolerance
- Initiate isotonic strengthening; emphasize ER & scapular strengthening
- Modalities as indicated
- Criteria to progress: Full non-painful ROM, normal muscle strength and neuromuscular control

Phase 3 (advanced strengthening, 6+ weeks):

- Progress resistance of isotonic strengthening
- Endurance training
- Initiate plyometric training
- Progress as tolerated
- Activity-specific interval sport program as appropriate
- ****Continue to avoid excessive combined abduction and external rotation****

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Date

For more information, please visit andrewblackmanmd.com
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