

## Rehab Guidelines

**First Time Dislocators:** May be immobilized for 4-6 weeks before starting physical therapy.

**Recurrent Dislocators:** Physical therapy can begin immediately

### **Phase I: 0-4 weeks (typically)**

#### **Goals:**

Re-establish full motion  
Retard muscular atrophy  
Decrease pain and inflammation  
Allow capsular healing

- AAROM with wand to tolerance
- Begin IR/ER at side, progress to 30degrees, 60 degrees then 90 degrees AB as pain subsides
- Submax isometrics for all shoulder musculature
- Gentle joint mobs & PROM
- Modalities PRN (ice, IFC-Estim etc . . . ) to decrease inflammation and pain

### **Phase II: 4-8 weeks**

#### **Goals:**

Increase dynamic stability  
Increase strength  
Maintain full motion

- Isotonic Strenghtening  
Rotator Cuff  
Scapular Stabilizers

- Deltoid, Biceps, Triceps
- Rhythmic Stabilization
  - Basic
  - Intermediate
  - Advanced

### **Phase III: 8-12**

#### **Goals:**

Increase neuromuscular control (especially in apprehension position)  
Progress dynamic stability  
Increase overall strength

- Continue to progress previous isotonic exercises
- Begin dynamic stabilization
  - Basic
  - Intermediate
  - Advanced
- Introduce basic plyometrics
- \*In Athletes begin to work ER/IR in 90 degrees AB

### **Phase IV: Return to Activity**

#### **Goals:**

Progressively increase activities to patient for full functional return

- Continue previous isotonic strengthening program
- Advance plyometrics
- Instruct in maintenance program prior to discharge