

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