



SIU MEDICINE

ORTHOPEDICS

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Orthopedic Surgeon
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NON-OP SHOULDER DISLOCATION REHAB GUIDELINES

Diagnosis/Date of Injury _____

PHASE 1: WEEKS 0-3

Goals:

1. Protect joint
2. Allow capsular healing
3. Reduce swelling

Activity:

1. Sling or positional immobilization for 2 wks
2. Elbow, wrist, hand ROM exercises
3. Shoulder pendulums
4. Isometrics
5. Modalities PRN

PHASE 2: WEEKS 2-6

Goals:

1. Re-establish motion
2. Reduce pain and inflammation
3. Retard atrophy

Activity:

1. AAROM with wand to tolerate
2. IR/ER at side, progress to 30° then 60 °
3. Isometrics
4. Modalities PRN

PHASE 3: WEEKS 4-8

Goals:

1. Increase dynamic stability
2. Increase strength
3. Maintain full motion

Activity:

1. Isotonic strengthening
 - a. Rotator cuff
 - b. Scapular Stabilizers
 - c. Deltoid, Biceps, Triceps
2. Rhythmic stabilization

PHASE 4: WEEKS 8-12

Goals:

1. Increase neuromuscular control
2. Progress dynamic stability
3. Increase overall strength
4. Return to activity

Activity:

1. Progress previous isotonic exercises
2. Dynamic stabilization
3. Plyometrics
4. ER/IR at 90° abduction

Additional Instructions:

Elisabeth Costa Robinson, MD

Date