



# Kansas City Orthopedic Alliance

**H. Scott Ellsworth, MD**

## **Rehabilitation Protocol: Nonoperative Shoulder Dislocation**

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

- AAROM with wand to tolerance
- Begin IR and ER at side. Progress to 30 degrees, then 60 degrees, then 90 degrees AB as pain subsides.
- Submax isometrics for all shoulder musculature
- Gentle joint mobs and PROM

### **Phase II (4-8 weeks)**

- Isotonic strengthening of rotator cuff, scapular stabilizers, deltoid, biceps, triceps
- Rhythmic stabilization
  - Basic
  - Intermediate
  - Advanced

### **Phase III (8-12 weeks)**

- 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)**

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