

ANTERIOR SHOULDER DISLOCATION / SUBLUXATION

Phase I: 0-3 weeks	Phase II: 3-6 weeks	Phase III: 6 weeks+
Ultra-sling: Position arm in 10 deg of ER. Use at all times except showering	Ultra-sling: Only as needed for symptom control	Ultra-sling: Not applicable
AROM: None	AROM: Gradual return as symptoms allow. 4-5 wks start gradual progression to 90/90. Goal of full ROM by 6 wks	AROM: Full with no limits
Modalities: Cryotherapy 3x/day IFC if c/o pain NMES	Modalities: Cryotherapy PRN IFC if c/o pain NMES	Modalities: Cryotherapy PRN
RX: Recommendations: Wrist / Hand exercises Elbow flex/ext ROM Scapulo-thoracic (Moseley) with manual resistance in limited ROM Pain-free M<I IR/ER in neutral to full IR Sidelying ER to 10 deg ER Supported Bicep curls and Tricep extensions Core stability training CV conditioning	RX: Recommendations: Scapulo-thoracic (Moseley) (Rows + Press limited to neutral until 4 wks) GH exercises (Townsend) Sidelying ER to AROM tolerance Isotonic IR/ER in scaption Isokinetic IR/ER in 30/30/30 Total arm strength Biceps curls Triceps extensions 4 wks PNF patterns w/ limit to ER at 90 ABD Prone ER with hor abduction Rhythmic stabilizations OKC perturbation training Proprioceptive/kinesthetic exercises Core stability training CV conditioning	RX: Recommendations: Scapulothoracic (Moseley) GH exercises (Townsend) Isotonic IR/ER Isokinetic IR/ER gradual progression to 90/90 Prone ER with hor abduction Lower trapezius exercises Total arm strength PNF patterns full ROM OKC Perturbation training CKC Perturbation training Plyometric exercises Core stability training CV conditioning
		Testing: 6-8 wks Isokinetic IR/ER Test (30/30/30 or 90/90 if overhead athlete / laborer)
		Return to Work/Sport No Pain + Full ROM Isokinetic Strength - 90% Functional Testing – 90% MD approval Duke-Wyre Brace (used for certain athletic activities)