

Robert Kollmorgen DO

## Shoulder Dislocation Conservative rehab protocol

*Revised August 2012*

### **Days 1 – 7**

Sling x 2 weeks – Even while sleeping  
– Place pillow under shoulder / arm while sleeping for comfort  
Hand squeezing exercises  
Codman's  
Elbow and wrist active motion (AROM) with shoulder in neutral position at side  
Supported pendulum exercises  
Shoulder shrugs / scapular retraction without resistance  
Ice pack

### **Goals**

Pain control  
Protection

### **Days 7 – 14**

Continue sling x 2 weeks  
Continue appropriate previous exercises  
Active assisted motion (AAROM) supine with wand  
– Flexion and Abduction to 90 degrees  
– ER to within 50% of opposite shoulder  
AROM – IR (supine, abd to 45 degrees) to within 30 degrees of opp shoulder  
1-2 Finger Isometrics x 6 (fist in box)  
– **No Active Internal Rotation if Open Bankart**  
Resisted elbow / wrist exercises (light dumbbell)  
Stationary bike (must wear sling)

**Goal** – AAROM Flexion and Abduction to 90 degrees

### **Weeks 2 – 4**

Continue sling x 2 weeks  
Continue appropriate previous exercises  
AAROM supine with wand  
– Flexion to 120 degrees  
– Abduction to 110 degrees  
– ER to within 80% of opposite shoulder  
AROM – IR (supine, abd to 60 degrees) to tolerance  
**Goal** – AAROM Flexion to 120 degrees, Abduction to 110 degrees

### **Weeks 4 – 6**

Continue appropriate previous exercises  
Full pendulum exercises  
AAROM – Flexion (supine wand, pulleys) >120 degrees as tolerated  
– Abduction (supine wand, pulleys) to 120 degrees

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- ER (supine or standing wand) to within 15 degrees of opp shoulder
- IR as tolerated (wand behind back) – **Not if Open Bankart**
- Push-up plus against wall – No elbow flexion > 90 degrees
- Prone scapular retraction exercises (without weights)
- Treadmill – Walking progression program
- Goal** – AAROM Flexion >120 degrees, Abduction to 120 degrees

### **Weeks 6 – 9**

- D/C sling
- Continue appropriate previous exercises
- AAROM (pulleys, wall climbs, doorway stretches) through full range
- AROM through full range as tolerated
- Rotator cuff strengthening with light Theraband
  - ER and IR with arm at side and pillow or towel roll under arm
  - Flexion to 60 degrees
  - Abduction to 60 degrees
  - Scaption to 60 degrees
  - Extension to 30 degrees
- Standing rows with Theraband
- Prone scapular retraction exercises (with light weight)
- Ball on wall (arcs, alphabet)
- BAPS on hands
- Push-up progression – Wall to table (no elbow flexion > 90 degrees)
- Body Blade
- UBE forwards and backwards at low resistance
- Elliptical trainer
- Stairmaster
- Pool walking / running – No UE resistive exercises

### **Goals**

- Full AROM
- 30 wall push-ups

### **Weeks 9**

- D/C sling
- Continue appropriate previous exercises
- AAROM (pulleys, wall climbs, doorway stretches) through full range
- AROM through full range as tolerated
- Rotator cuff strengthening with light Theraband
  - ER and IR with arm at side and pillow or towel roll under arm
  - Flexion to 60 degrees
  - Abduction to 60 degrees
  - Scaption to 60 degrees
  - Extension to 30 degrees
- Standing rows with Theraband
- Prone scapular retraction exercises (with light weight)
- Ball on wall (arcs, alphabet)
- BAPS on hands
- Push-up progression – Wall to table (no elbow flexion > 90 degrees)
- Body Blade
- UBE forwards and backwards at low resistance
- Elliptical trainer
- Stairmaster
- Pool walking / running – No UE resistive exercises

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### **Goals**

Full AROM

30 wall push-ups

### **Weeks 9 – 12**

Continue appropriate previous exercises with increased resistance as tolerated

PROM / mobilization as needed to regain full ROM

Push-up progression – Table to chair (no elbow flexion > 90 degrees)

Ball toss with arm at side using light ball

Treadmill – Running progression program

Pool walking / running – With UE resistance (no swimming)

**Goal** – Normal rotator cuff strength

### **Months 3 – 4**

Continue appropriate previous exercises

Fitter on hands

Ball toss overhead

Push-ups, regular – No elbow flexion > 90 degrees

Weight training with light resistance

– No overhead press or pull downs behind head

– No elbow flexion > 90 degrees with bench, dips, etc.

Pool therapy

**Goals** Run 2 miles at easy pace

30 regular push-ups

### **Months 4 – 6**

Continue appropriate previous exercises

Push-ups – no elbow flexion > 90 degrees

Sit-ups

Swimming

Running progression to track

Progressive weight training

– No elbow flexion > 90 degrees with bench, dips, etc.

Transition to home / gym program

### **Goals**

Resume all activities at 6 months post-op