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Rehabilitation Protocol **Non-operative Treatment of Shoulder Dislocation/Instability**

Weeks 0-2

ROM

- AAROM to AROM (avoid ER and ABD)

Strength

- RTC
 - ER at 0o abduction: side lying to standing
- Periscapular musculature
 - PNF, scapular retraction

Neuromuscular Stability

- ER / IR rhythmic isometrics

Goals to Progress to Next Phase

1. Reduce pain
2. Increase ROM

Weeks 2-6

ROM

- Stretch posterior cuff
 - Sleeper stretch
 - *Caution* with posterior joint mobilization (do not stretch attenuated structures)

Strengthening

- RTC/Scapular Strengthening
 - Progress strengthening and stability exercise towards position of instability

- ER to 45° abduction
- Prone exercises
 - Scaption, abduction and extension
- PNF (manual and T-band) and functional strengthening
- Perturbations with all exercise (progress proximal to distal)
- Trunk and LE strengthening
 - Utilize unstable surface to engage trunk and lower extremity

Neuromuscular Stability

- RTC/Scapular Stabilizers
 - WB and NWB exercises
 - Proximal to distal perturbations
 - PNF and functional strengthening
 - Progress from stable to unstable surface (BOSU, Dynadisk)
 - Plyometrics (0, 45 degrees)

Goals to Progress to Next Phase

1. Normalize movement
2. Strengthen and stabilize RTC and scapular stabilizers
3. Correct glenohumeral and scapulothoracic mechanics

Weeks 6-12

ROM

- Maintain normal osteo and arthrokinematic movement
- Stretching (warm-up prior to stretching)
- Internal rotators, posterior capsule

Strength

- RTC and Scapular Strengthening
 - Thrower's Ten Exercises
 - ER at 90° abduction
 - Emphasis on eccentric control
- Continue and progress trunk and LE strengthening

Stability

- WB Plyometrics
- NWB Plyometrics at 90° abduction
 - With perturbations
 - Increase speed and change accuracy of tosses
 - Increase reps to improve endurance

Goals to Progress to Next Phase

1. Increased dynamic functional strength
2. Improved neuromuscular control at multiple angles towards unstable position
3. No signs of instability or biomechanical impingement

2-6 months – Sports Specific Training
Initiate Throwing Program If Indicated

- Full functional ROM
- 5/5 strength with RTC testing
- Isokinetic ER/IR ratios: 66-75%
- Emphasis on good mechanics

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