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## **ANTERIOR SHOULDER DISLOCATION PROTOCOL**

### **PHASE I: 0 – 3 WEEKS S/P INJURY**

#### **Bracing:**

Ultra-Sling ER: position arm in 10° of ER. Use at all times except showering / bathing

#### **Modalities:**

Cryotherapy 3x/ day  
TENS if c/o pain  
NMES

#### **PROM:**

**None at Glenohumeral joint**

#### **Therapeutic Exercise:**

Wrist / Hand Exercises  
Elbow AROM  
Scapulo-thoracic (Moseley) with manual resistance in limited ROM  
Scapular elevation / depression / retraction  
Pain-Free Multiple-Angle Isometrics Shoulder IR/ER in Neutral to Full IR  
Sidelying ER to 10° Maximum  
Supported Bicep Curls and Triceps Extension  
Core Stability Training  
Cardiovascular Conditioning

## **PHASE II: 3 – 6 WEEKS S/P INJURY**

### **Bracing:**

Ultra-Sling ER: only as needed for comfort / symptom control

### **Modalities:**

TENS if c/o pain  
NMES as needed  
Cryotherapy as needed

### **AROM:**

Gradual return as symptoms allow  
At 4 – 5 weeks, begin gradual progression of ER at 90° abduction  
Goal of full AROM by 6 weeks

### **PROM:**

Glenohumeral joint to full PROM as symptoms allow

### **Therapeutic Exercise:**

No Glenohumeral Extension beyond neutral for 4 weeks s/p injury  
UBE Forward and Retro (60 – 120 rpm)  
Moseley Scapulo-thoracic Exercises  
Rows (limited to neutral until 4 weeks)  
Townsend Glenohumeral Exercises  
Sidelying ER to tolerance  
Isotonic IR / ER in Scaption  
Total arm strength: Bicep Curls / Tricep Extensions / Wrist / Hand  
**At 4 Weeks:** Begin PNF patterns at 90° Abduction with ER limited to tolerance  
**At 4 Weeks:** Begin prone horizontal ABD with ER

### **Isokinetics:**

Isokinetic IR / ER in 30/30/30

### **Proprioceptive:**

Rhythmic stabilizations  
OKC perturbation training  
CKC stabilization in limited weightbearing position

### **Sport / Activity:**

Core stability training  
Cardiovascular conditioning

### **PHASE III: 6+ WEEKS S/P INJURY**

**Bracing:**

Not indicated beyond 4 weeks post injury

**Modalities:**

Cryotherapy prn

**AROM / PROM:**

Full with no limits

**Therapeutic Exercises:**

Progress to independent rehabilitation program by **10 weeks**

UBE Forward and Retro

Moseley Scapulo-thoracic PRE's

Townsend Glenohumeral PRE's

Total Arm Strength

PNF patterns with full AROM

IR / ER at 90° ABD

Prone Horizontal ABD with ER

Prone Scaption with ER

**Isokinetics:**

Isokinetic IR / ER at 30/30/30 with progressive speeds

Isokinetic IR / ER at 90° ABD

**Proprioceptive:**

OKC stabilization- IR / ER; Horizontal ABD / ADD; Flex / Ext; ABD / ADD

CKC stabilization- WBAT in UE's

Random quadrant catch 2 handed with progression to 1 handed

Static push-ups: progress from standing → modified plantigrade → prone on knees → standard push-up → single arm

**Plyometric Series:**

Basketball dribbling (standing) → prone dribbling (flexed 120 - 170°)

Plyoback / Plyoball catch and throw

Plyometric push-ups – varying degrees towards prone

**Testing:**

At 6 – 8 weeks, Functional Testing.

At 6 – 8 weeks, Isokinetic IR / ER at 30/ 30/ 30

At 6 – 8 weeks, Isokinetic ER / ER at 90° ABD if overhead athlete / laborer

**Sport / Activity:**

Interval throwing / Golf / Tennis (racket) / Volleyball Programs if Functional and Isokinetic Strength is 90% vs. uninjured

**Return to Work and Sport:**

No pain + Full AROM

90% Functional / Isokinetic Strength

Physician Approval

Duke – Wyre Shoulder Vest Brace or Sully Shoulder Stabilizer (for sport)