

Glenohumeral Dislocation

Shoulder Dislocation

A glenohumeral dislocation, occurs when the humerus separates from the glenoid, often due to trauma or the joint's shallow structure.

Key Points to Rehabilitation:

- **Causes:** Dislocations are caused by trauma (e.g., sports or falls) or anatomical factors, such as a shallow glenoid.
- **Risk Factors:** Previous dislocations, age, and conditions like rotator cuff tears increase risk.
- **Injury Mechanism:** Strong forces or extreme rotation can cause dislocation its important to avoid vulnerable shoulder positions for some time following your injury.

Goals of Therapy:

- **Rehabilitation Phases:** The three phases—immobilization, motion restoration, and functional strengthening—are personalized to ensure safe, gradual recovery.
- **Outcome Measures:** DASH, QuickDASH, SPADI, and NPRS help track your progress comprehensively.
<https://dash.iwh.on.ca/conditions-use?n=dash>
- **Scapular Function & Rotator Cuff Strengthening:** Focused exercises strengthen small muscles that improve stability, and promote joint health.

- **Progressive Loading & Pain Management:** Gradual loading builds strength, while managing pain ensures safe recovery

Exercises are most effective when guided by a qualified professional, such as a physiotherapist, athletic therapist, or strength and conditioning coach. If you have any concerns, it's always a good idea to consult with an expert.

Level 1

Acute Management and Immobilization

Overview: In this initial stage of rehabilitation, the focus is on acute management and stabilization of the dislocated shoulder. Prompt reduction, often performed in the Emergency Department, is crucial. Immobilization follows, typically lasting up to 2 weeks in a sling and then gradual increase in range of motion. This stage aims to alleviate pain, reduce inflammation, and create a foundation for the subsequent phases of rehabilitation.

Potential Inclusion Criteria:

- Recent shoulder dislocation
- Acute pain and inflammation
- When physician deems appropriate to begin rehabilitation

Goals:

1. Alleviate acute pain and inflammation.
2. Establish a stable foundation for subsequent rehabilitation phases.
3. Maintain anterior-inferior stability during immobilization.
4. Commence restrengthening of stability muscles.

1. Shoulder Pendulum | Circles

Sets: 3 | Duration: 30 sec

Preparation:

- Stand next to a counter or chair, using your strong arm to balance yourself
- Lean slightly forwards and let your weak arm dangle towards the floor

Execution:

- Sway your hips to get your arm moving in small circles



2. Scapular Retraction

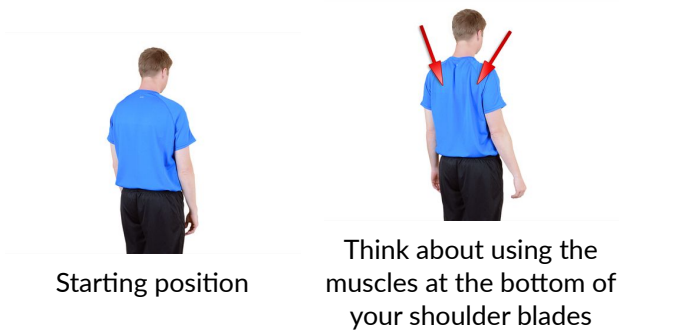
Sets: 2-3 | Reps: 5-10 | Load: as tolerated | Hold: 5 seconds | Intensity: moderate | Frequency: Daily as able

Preparation:

- Sit or stand with good posture

Execution:

- Bring your shoulder back and shoulder blades together



3. Shoulder External Rotation Isometric

Sets: 2-3 | **Reps:** 5-10 | **Load:** as tolerated | **Hold:** 5 seconds |
Intensity: moderate | **Frequency:** Daily as able

Preparation:

- Stand with good posture facing a wall or doorframe
- Hold your arm by your side, elbow at 90 degrees, palm facing away from wall or doorframe

Execution:

- Rotate your hand outwards into the wall or doorframe
- Keep your elbow at your side



Rotate hand outward into doorframe

4. Shoulder Internal Rotation Isometric

Sets: 2-3 | **Reps:** 5-10 | **Load:** as tolerated | **Hold:** 5 seconds |
Intensity: moderate | **Frequency:** Daily as able

Preparation:

- Stand with good posture facing a wall or doorframe
- Hold your arm by your side, elbow at 90 degrees, palm facing wall or doorframe

Execution:

- Rotate your hand inwards into the wall or doorframe
- Keep your elbow at your side



Rotate hand into doorframe

5. Shoulder Flexion Isometric | Elbow Bent

Sets: 2-3 | **Reps:** 5-10 | **Load:** as tolerated | **Hold:** 5 seconds |
Intensity: moderate | **Frequency:** Daily as able

Preparation:

- Stand in front of a wall or doorframe, elbow bent as shown

Execution:

- Push your fist against the wall

Tip:

- Use a pillow to avoid hurting your hand



Push fist against wall

6. Shoulder Adduction Isometric

Sets: 2-3 | **Reps:** 5-10 | **Load:** as tolerated | **Hold:** 5 seconds |
Intensity: moderate | **Frequency:** Daily as able

Preparation:

- Stand with good posture, holding a towel under your elbow

Execution:

- Squeeze your arm against your side



Squeeze arm against side

7. Shoulder Abduction Isometric | Elbow Bent

Sets: 2-3 | **Reps:** 5-10 | **Load:** as tolerated | **Hold:** 5 seconds |
Intensity: moderate | **Frequency:** Daily as able

Preparation:

- Stand beside a wall or doorframe, elbow bent as shown

Execution:

- Push elbow outward against the wall

Tip:

- Use a pillow to avoid hurting your elbow



Push elbow outward, against wall

8. Shoulder Extension Isometric | Elbow Bent

Sets: 2-3 | **Reps:** 5-10 | **Load:** as tolerated | **Hold:** 5 seconds |
Intensity: moderate | **Frequency:** Daily as able

Preparation:

- Stand in front of a wall or doorframe, elbow bent as shown

Execution:

- Push elbow backward, against the wall

Tip:

- Use a pillow to avoid hurting your elbow



Push elbow backward against wall

Level 2

Motion Restoration and Capsular Healing





Overview: The second stage of rehabilitation focuses on restoring motion and allowing for adequate capsular healing. This phase, lasting from 6 to 12 weeks, introduces controlled range of motion exercises and emphasizes the gradual restoration of shoulder mobility. Scapular function becomes critical, and joint mobilizations are introduced to promote healing.

Potential Inclusion Criteria:

- Completed Stage 1 successfully
- Adequate capsular healing
- Readiness for controlled motion exercises

Goals:

1. Gradually restore and improve shoulder range of motion.
2. Enhance scapular function for optimal muscle activation.
3. Achieve a full range of motion while stretching posterior joint capsule.
4. Prepare the shoulder for the next phase of strengthening exercises.

1. Row Neutral (Band)	Sets: 2-3	Reps: 8-12	Intensity: moderate	Frequency: Alternate days
Preparation: <ul style="list-style-type: none"> • Sit on a chair with good posture. 	<div>   </div>			
Execution: <ul style="list-style-type: none"> • Row against the resistance, pulling your hands to your sides. • Pull your shoulder blades back and down. 	<div> <div>Sit on a chair</div> <div>Row against the resistance</div> </div>			
2. Shoulder External Rotation Concentric Neutral (Band)	Sets: 2-3	Reps: 8-12	Intensity: moderate	Frequency: Alternate days
Preparation: <ul style="list-style-type: none"> • Standing, elbow at 90 degrees • Tuck a folded towel between your body and your elbow 	<div>   </div>			
Execution: <ul style="list-style-type: none"> • Gently pull shoulder blades together • Keeping elbow close to body, slowly rotate hand outward • Return to start position 	<div> <div>Start Position</div> <div>Rotate hand outward</div> </div>			

3. Shoulder Internal Rotation Concentric - Neutral (Band)

Sets: 2-3 | Reps: 8-12 | Intensity: moderate |
Frequency: Alternate days

Preparation:

- Stand with good posture
- Tuck a folded towel between your body and your elbow as shown

Execution:

- Keeping elbow close to body, rotate hand inward, toward your stomach
- Return to start position



Start Position



Rotate hand inward

4. Elbow Flexion Concentric (Band)

Sets: 2-3 | Reps: 8-12 | Intensity: moderate |
Frequency: Alternate days

Preparation:

- Sit or stand with your arm at your side
- Hold a band in your hand

Execution:

- Bend your elbow up towards your chest
- Return to the start position



Hold band, palm up



Bend elbow up

5. Triceps Extension | Unilateral (Band)

Sets: 2-3 | Reps: 8-12 | Intensity: moderate |
Frequency: Alternate days

Preparation:

- Stand with good posture
- Hold band or tubing in hand as shown

Execution:

- Straighten elbow against resistance
- Only elbow should move



Start Position



Straighten elbow



Start Position



Straighten elbow

6. Shoulder Abduction | Deltoid Focus (Band)

Sets: 2-3 | Reps: 8-12 |

Load: As tolerated (No higher than 4/10 on pain scale) |

Frequency: 2-3x weekly

Preparation:

- Stand with good posture, band under one foot
- Have thumb pointed forward

Execution:

- Lift arm out straight out to the side up to shoulder height
- Return to the start position



Start Position



Raise arm to shoulder height



Start Position



Keep arm in line with torso

7. Shoulder Flexion Concentric | Mid Range 0-90° (Band)

Sets: 2-3 | Reps: 8-12 |

Load: As tolerated (No higher than 4/10 on pain scale) |

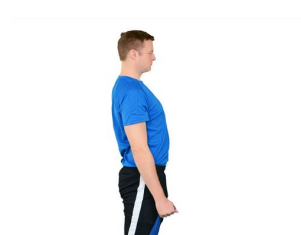
Frequency: 2-3x weekly

Preparation:

- Stand with good posture, feet shoulder width apart
- Hold anchored band in your hand by your side

Execution:

- Lift arms forward up above shoulder height, but not all the way up
- Return to the start position



Start Position



Raise arm to above shoulder height

8. Bilateral Row | Wide Grip (Band)

Sets: 2-3 | Reps: 8-12 |

Load: As tolerated (No higher than 4/10 on pain scale) |

Frequency: 2-3x weekly

Preparation:

- Stand with good posture, hold tubing

Execution:

- Row toward chest, elbows out



Start Position



Row toward chest, elbows out

9. Scapular Stabilization | Weight Shift (Table)

Sets: 2-3 | Reps: 5-10 | Hold: 5 sec | Intensity: moderate |
Frequency: Alternate days

Preparation:

- Place your hands on the table
- Keep your elbows straight and lean your bodyweight onto your arms

Execution:

- Push your shoulder blades forwards and down
- In a slow and controlled fashion shift your body weight forwards and back, side to side, and in small circles



Put weight through arms



Shift forward



Shift backward

10. Shoulder Stability (Table)

Sets: 2-3 | Reps: 5-10 | Hold: 5 sec | Intensity: moderate |
Frequency: Alternate days

Preparation:

- Hands on table

Execution:

- Put some weight through your arms
- Now touch opposite shoulder with hand



Put some weight through your arms



Now touch opposite shoulder with hand

11. Shoulder ABC's on Wall (Ball)

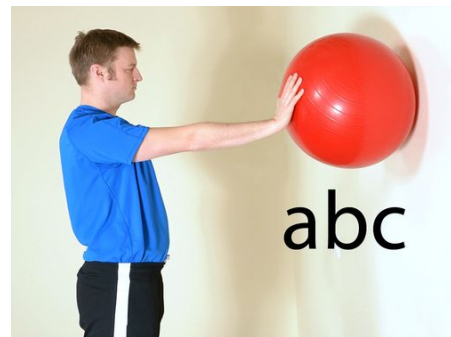
Sets: 2-3 | Reps: 5-10 | Hold: 5 sec | Intensity: moderate |
Frequency: Alternate days

Preparation:

- Stand with good posture, hand on ball at shoulder height

Execution:

- Trace the letters of the alphabet on the ball
- Keep elbow straight



Trace the letters of the alphabet on the ball

Level 3

Functional Strengthening and Return to Activities

Overview: The final stage of rehabilitation is focused on functional strengthening and preparing the individual for a return to sports or daily activities. This phase, spanning from 12 to 24 weeks, includes a structured exercise program emphasizing rotator cuff and scapular stabilizer muscles. Proprioceptive training and tailored functional exercises are introduced to promote a successful return to normal activities.

Potential Inclusion Criteria:

- Completed Stage 2 successfully
- Achieved full range of motion and capsular healing
- Readiness for progressive strengthening exercises

Goals:

1. Build strength in rotator cuff and scapular stabilizer muscles.
2. Progressively increase loading and intensity of exercises.
3. Promote proprioceptive training for improved joint awareness.
4. Facilitate a successful return to sports or daily activities.
5. Enhance overall shoulder stability and function.

1. Shoulder Slides (Band, Wall)

Sets: 2-3

Reps: 8-12

Load: As tolerated (No higher than 4/10 on pain scale)

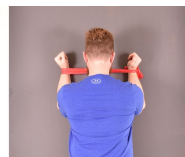
Frequency: 2-3x weekly

Preparation:

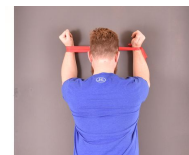
- Stand with both arms on the wall as shown
- Wrap a band around your wrists, or hold it in your hands

Execution:

- Slide forearms up the wall pulling your wrists apart and keeping your elbows in
- Return to the start position



Start Position



Slide forearms
up the wall
pulling your
wrists apart and
keeping your
elbows in!



Go as high up
the wall as you
can

2. Shoulder Press (Band)

Sets: 2-3 | **Reps:** 8-12 | **Load:** As tolerated (No higher than 4/10 on pain scale) | **Frequency:** 2-3x weekly

Preparation

- Anchor cable / tubing at floor level.
- Stand with good posture, feet shoulder width apart.
- Hold handles at level of collarbone, elbows bent.
Direction of pull is down.

Execution

- Press arms straight up, toward ceiling.
- Slowly return to the start position.

Tips:

- Keep back straight. Do not lean under the resistance.



Start Position



Press arms overhead

3. Push Up (Wall, Large Ball)

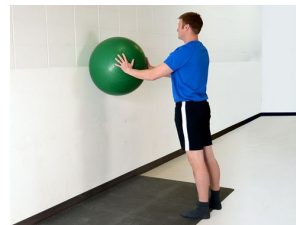
Sets: 2-3 | **Reps:** 8-12 | **Load:** As tolerated (No higher than 4/10 on pain scale) | **Frequency:** 2-3x weekly

Preparation:

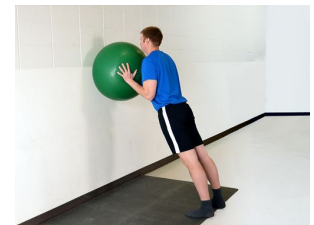
- Stand in front of a wall holding ball as shown

Execution:

- Perform pushup motion, keeping elbows in



Stand in front of a wall holding ball



Perform pushup motion, keeping elbows in

4. Shoulder D2 Pattern | Ascending (Band)

Sets: 2-3 | **Reps:** 8-12 | **Load:** As tolerated (No higher than 4/10 on pain scale) | **Frequency:** 2-3x weekly

Preparation:

- Start with your arm across your body with your hand rotated in, thumb pointed down

Execution:

- Bring your arm up and across your body diagonally
- As you do, rotate your hand outwards
- Finish with your hand above your head and out to the side - pulling your sword from its sheath



Hold on to your sword



Lead with your elbow



Draw your sword

5. Lat Pull Down (Band)

Sets: 2-3

Reps: 8-12

Intensity: moderate

Frequency: Alternate days

Preparation:

- Kneel on both knees

Execution:

- Pull elastic band down to front of chest
- Relax back to start position, straightening arms



Kneel on both knees



Pull to chest

6. Shoulder Stabilization (Wall, Ball)

Sets: 2-3

Reps: 5-15

Intensity: moderate

Frequency: Alternate days

Preparation:

- Stand with good posture, hand on ball as shown

Execution:

- Press into the ball
- Hold



Press into the ball

7. Front Plank | Shoulder Touches

Sets: 2-3

Reps: 5-15

Intensity: moderate

Frequency: Alternate days

Preparation:

- Plank position on hands and feet

Execution:

- Lift one arm to touch the opposite shoulder, alternate hands



Keep your body straight
as a plank



Reach hand to opposite
shoulder

8. Front Plank | Stir The Pot (Ball) **Sets:** 2-3 **Reps:** 5-15 **Intensity:** moderate **Frequency:** Alternate days

Execution:

- Plank on ball using elbows
- Move elbows in a pot-stirring motion



Stir the pot with your elbows

9. Chest Stretch | Legs Bent (Foam Roller)

Sets: 3 **Hold:** 30-60 seconds **Intensity:** moderate
Frequency: Daily

Preparation:

- Lie on your back with a foam roller under your spine
- Bend your knees with your feet flat as shown

Execution:

- Relax and breathe while you stretch your chest
- Adjust the position of your arms as needed to increase or decrease the intensity of the stretch



Lying on your back, foam roller under your spine, knees bent and feet flat



Reach your arms straight out to the side



Place hands behind your head, relax and breathe while you stretch

10. Latissimus 'Open-Book' Stretch

Sets: 3 **Hold:** 30-60 seconds **Intensity:** moderate
Frequency: Daily

Preparation:

- Arms on table, palms up

Execution:

- Lean backward from the hips



Arms on table, palms up - lean backward from the hips

Return to Activity

Before returning to sport after a shoulder dislocation, it's crucial to get clearance from your healthcare team, including a sports medicine physician. They will assess your shoulder's strength, stability, and overall function to ensure it's safe to resume physical activity. Returning too soon can increase the risk of re-injury. Your healthcare provider will guide you through a safe rehabilitation process and determine when you're ready to safely return to sport, based on your progress and recovery.