The Gundersen Health System Sports Medicine Anterior Shoulder Dislocation/Subluxation Rehabilitation Program is an evidence-based and soft tissue healing dependent program which allows patients to progress to vocational and sports-related activities as quickly and safely as possible. Individual variations will occur based on patient tolerance and response to treatment. Contact us at 1-800-362-9567 ext. 58600 if you have questions or concerns.

### Phase I: 0-3 weeks

| **Ultra-sling:** Position arm in 10 deg of ER. Use at all times except showering |
| **AROM:** None |
| **Modalities:** Cryotherapy 3x/day; IFC if c/o pain; NMES |
| **RX:** Recommendations:  
- Wrist / Hand exercises  
- Elbow flex/ext ROM  
- Scapulo-thoracic (Moseley) with manual resistance in limited ROM  
- Pain-free M-cl IR/ER in neutral to full IR  
- Sidelying ER to 10 deg ER  
- Supported Bicep curls and Tricep extensions  
- Core stability training  
- CV conditioning |

### Phase II: 3-6 weeks

| **Ultra-sling:** Only as needed for symptom control |
| **AROM:** Gradual return as symptoms allow. 4-5 wks start gradual progression to 90/90. Goal of full ROM by 6 wks |
| **Modalities:** Cryotherapy PRN IFC if c/o pain; NMES |
| **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 |

### Phase III: 6 weeks+

| **Ultra-sling:** Not applicable |
| **AROM:** Full with no limits |
| **Modalities:** Cryotherapy PRN |
| **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)

Updated 11/03
Anterior Shoulder Dislocation References


Davies GJ, Ellenbecker TS: Documentation enhances understanding of shoulder function. Biomechanics 1999, 47-55

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Manske RC, Davies GJ: Postrehabilitation outcomes of muscle power (torque-accleration energy) in patients with selected shoulder dysfunctions. Journal of Sport Rehab, 12(3); 2003, 181-198

McMahon PJ, Lee TQ. Muscles may contribute to shoulder dislocation and stability. Clinical Orthopaedics, 2002; 403 S: S18-25


Schulte RA, Davies GJ: Examination and management of shoulder pain in an adolescent pitcher. Phys Ther Case Reports, 2001; 4(3): 104-121