



Non-Operative Shoulder Dislocation Guideline

Individual patient circumstances may affect the guideline
(Severity, acute v. chronic, prior strength level, activity demands)

Phase	Goals	Precautions/Restrictions	Treatment
Phase I	<ul style="list-style-type: none"> • Re-establish pain-free ROM • Limit atrophy • Decrease pain 	<ul style="list-style-type: none"> • Bracing per physician • Avoid anterior capsule stretching/mobilizations • Avoid end-range combined abduction and external rotation 	<ul style="list-style-type: none"> • Cryotherapy, modalities as needed • Pendulums, pulley for ROM • Posterior capsule stretching • Isometric strengthening in all planes
Phase II	<ul style="list-style-type: none"> • Strength RTC and scapular stabilizers • Correct glenohumeral and scapulothoracic movement • Progress to Phase III when strength is normalized and full ROM 	<ul style="list-style-type: none"> • Bracing per physician • Avoid anterior capsule stretching/mobilizations 	<ul style="list-style-type: none"> • ROM: as tolerated • Progress isometric -> isotonic • Multi-angle isometrics • Prone and side-lying strengthening • PNF techniques • Initiate closed-chain strengthening <ul style="list-style-type: none"> ○ Wall taps
Phase III	<ul style="list-style-type: none"> • Increase functional strength • No signs of instability • Strength at 90% LSI in various planes 	<ul style="list-style-type: none"> • Avoid maneuvers stressing anterior capsule 	<ul style="list-style-type: none"> • Maintain ROM • Initiate closed-chain plyometrics • Initiate open-chain plyometrics <ul style="list-style-type: none"> ○ Prone T catch/release ○ Reverse ball toss
Phase IV	<ul style="list-style-type: none"> • Full ROM • No instability/apprehension • Strength normalized in all planes • May return to sport or activity with passing UE criteria and physician approval 	<ul style="list-style-type: none"> • Return to sport with physician clearance 	<ul style="list-style-type: none"> • Continue progressive resistance exercise • Continue plyometrics • Initiate sport activities • Initiate return to throwing if applicable

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.