



C. Lucas Myerson, MD

Shoulder and Elbow Surgery

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PT Protocol - Non-Operative Treatment of Shoulder Dislocation

Phase I (0-4 wks)

- Sling for 4 weeks for first-time dislocators; less for recurrent.
- Avoid extremes of motion (abd/ER for anterior, add/IR for posterior).
- Gentle pendulums, pulleys, assisted ROM.
- Submaximal isometrics for rotator cuff and scapula.
- Modalities for pain.

Phase II (4-8 wks)

- Progress ROM to tolerance.
- Begin isotonic strengthening (focus on ER, scapular stabilizers).
- Neuromuscular control drills.
- Continue pain control as needed.

Phase III (8-12 wks)

- Progress isotonic strengthening.
- Add proprioceptive and dynamic stabilization drills.
- Plyometrics for athletes.
- Endurance work.

Phase IV (12+ wks)

- Gradual return to sport with interval program.
- Resume lifting program.
- Maintain strengthening and stability work.

Modalities

- Heat and Ice, Ultrasound, Iontophoresis, Phonophoresis, Therapists' discretion, TENS, Trigger point massage

Evaluation and others

- Teach home exercise program

Learn More About Your Condition:

Visit Dr. Myerson's website to learn more about your condition:

www.lucasmyersonmd.com

