

Non-Operative Treatment of Shoulder Dislocation/Instability

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Patient _____
 DOS _____

	Week 0-2	Week 2-6	Week 6-12	Week 12+
ROM	AAROM-AROM (avoid ER and Abd)	Sleep Stretch Advance within pain free range	All planes within pain free range	
Exercises	Table Flexion Swiss ball roll Pulleys Standing Stick Flexion Scapular Retraction Rhythmic Stabilization (IR/ER) Isometrics (Flex, Ext, IR, ER)	Prone Scaption, Extension, Rows, Abd Sidelying ER Table weight shifts SA Punches Tubing – Rows, Extension, IR, ER Standing “I”, “Y”, “T” PNF D1 + D2 supine to standing Perturbations (WB → NWB)	ER in 90°-90° position Plyometrics Progressed perturbations Advanced Rotator Cuff Strengthening Throwers Ten Exercises	Sport specific or work specific training Initiate/Advance throwing program

Any Questions? Please contact: **Northwoods Therapy Associates**/Altoona, WI (715) 839-9266/ Chippewa Falls, WI (715) 723-5060

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