

ADVICE SHEET FOR SHOULDER DISLOCATION

WHAT IS A SHOULDER DISLOCATION

When your shoulder is dislocated, it can be partial or complete. A partial dislocation means that the head of the bone is partially out of socket. A complete dislocation means the head of the bone is all the way out of the socket. Either way, the humerus bone is not correctly positioned within the joint.

WHAT CAUSES A SHOULDER DISLOCATION

- Falling onto outstretched arm
- Twisting or impacting the shoulder
- Trauma from sports (football, basketball, and volleyball)
- Gradual weakening of ligaments and cartilage due to old age

SYMPTOMS

- Swelling
- Pain
- Numbness
- Bruising
- Weakness
- Inability to move the joint

HOW TO LOOK AFTER IT AT HOME

- Keep shoulder immobilized by using a sling
- Ice the joint to reduce pain and swelling
- Pain relievers (such as aspirin and ibuprofen) can be used to reduce the pain
- Frequent and short exercise routines as outlined by your Chartered Physiotherapist.

PROFESSIONAL TREATMENT

When injury first occurs, the shoulder will be immobilized. After the pain and swelling decreases, rehabilitation exercises may be prescribed to you. A Chartered Physiotherapist will help to restore the shoulder's range of motion and will help to strengthen the muscles. Some treatments from physiotherapy may include:

- Strengthening program progressing from isometric and resisted exercises below shoulder height to resisted exercises above shoulder height and finally strengthening in vulnerable positions.
- Sports specific functional exercises.
- Manual therapy to restore range of motion and reduce pain.

- Take measures to avoid falls
- Wear protective gear when playing sports, including sports tape if necessary.
- Continue exercise rehabilitation program until your Chartered Physiotherapist recommends you are fit to return to sport.
- Monitor your strength and return to the rehabilitation program if your shoulder feels weak.
- Exercise regularly to maintain strength and mobility with joints.