

Protocol R2
Non-Operative Strengthening Program for
Recurrent Glenohumeral Subluxation or
Multi-Directional Glenohumeral Instability

GOALS:

- Avoid shoulder subluxation or dislocation.
- Improve shoulder stability by strengthening rotator cuff and scapular stabilizers.

ANCILLARY MEASURES:

- Use pain medications as needed.
- Ice the shoulder (cold pack) as needed.

EXERCISES:

- **Isometrics:** Shoulder flexion, extension, abduction, internal rotation and external rotation isometrics are encouraged.
- **Isotonic Strengthening w/Therabands:** Secure the theraband to a doorknob or hook so that you may stretch the band until you feel resistance. Start using low resistive theraband, 10 repetitions, 4-5 times per day. Gradually increase repetitions to achieve goal 25-30 repetitions per exercise 4-5 times per day. Then graduate to more resistive theraband, begin with 10-20 repetitions and repeat process, gradually increasing the repetitions for each exercise. Strengthening exercises should include shoulder flexion, extension, abduction, internal rotation and external rotation. The internal rotation and external rotation isotonic strengthening exercises are particularly important.
- **Isotonic Strengthening w/Free Weights:** Progress to light free weights (not more than three pounds) after therabands have been used.
- **Shoulder Shrug Exercise:** Start with simple shoulder shrug, lifting the top of your shoulders as high as they will go, 20 repetitions per exercise session. Progress to shoulder shrugs against the resistance of a theraband, 20 repetitions per exercise session. You may progress to more resistive therbands and gradually increase the number of repetitions. When this becomes easy, hold a one pound weight in each hand and repeat the shrug, 20 repetitions. Weight may be gradually increased, but should not exceed three pounds.
- **Pushups:** Start with modified pushups against a wall from a standing position, 20 repetitions per exercise session. Progress to more difficult pushups with hands on a table, then semi-prone pushups from kneeling position, then standard prone pushups from the floor. Seated pushups, pushing off from a seated position with arms outstretched and elbows locked, may also be added.
- **Additional Strengthening Exercises** for rotator cuff and scapular stabilizer muscles may be added at the discretion of the physical therapist.

PRECAUTIONS:

- Avoid voluntary shoulder subluxation or dislocation.
- Avoid provocative positions of the shoulder that risk involuntary subluxation.
- Avoid the throwing position with arm overhead, shoulder rotated.