

Exercise Program for Shoulder Dislocation

After a shoulder dislocation, performing home exercises can help you regain strength and function in your shoulder.

There are 5 exercises in this program: Supine Shoulder Flexion with Dowel, Isometric Shoulder Internal Rotation, Isometric External Rotation, Isometric Shoulder Abduction, and Scapular Squeeze.

Start each exercise slowly. A little discomfort is normal, but stop any exercise that causes pain.

Now, let's get started.

To do supine shoulder flexions: Lie on your back, holding a dowel or broom handle in both hands, palms down. Place your hands slightly wider than your shoulders.

Lift your arms over your head, keeping your elbows straight. Only move as far as you can with minimal discomfort.

Hold for 5 seconds, then return to the starting position.

Repeat 10 times.

To do isometric shoulder internal rotations: Stand in a doorway with the elbow on your affected side bent 90 degrees. Touch the front of that wrist against the wall on one side of the door frame.

Press your palm against the wall, keeping your elbow at your side. Hold for 5 seconds, then relax.

Repeat 10 times.

To do isometric external rotations: Stand with your affected arm close to a wall. Bend your elbow 90 degrees and touch the back of that wrist to the wall.

Press the back of your hand into the wall, keeping your elbow at your side. Hold for 5 seconds, then relax.

Repeat 10 times.

To do isometric shoulder abductions: Stand with your affected arm close to a wall. Bend your elbow 90 degrees and touch the back of your hand, forearm, and elbow to the wall.

Press your elbow and forearm into the wall. Hold for 5 seconds, then relax.

Repeat 10 times.

To do scapular squeezes: Sit or stand up straight with your arms at your sides.

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Keeping your shoulders relaxed, squeeze your shoulder blades together.

Hold for 5 seconds, then relax.

Repeat 10 times.

Talk to your healthcare provider or physical therapist about these and other exercises to help improve function in your shoulder.