

Shoulder Dislocation

Diagnosis Explanation:

A **shoulder dislocation** occurs when the **humerus (upper arm bone)** pops out of the **shoulder socket (glenoid)**, usually due to a **fall, sports injury, or sudden trauma**. The **shoulder is the most commonly dislocated joint** due to its wide range of motion.

Types of Shoulder Dislocations:

- **Anterior Dislocation (Most Common, 95%)** - The humerus moves **forward** out of the socket, often from falling on an outstretched arm.
- **Posterior Dislocation (Rare)** - The humerus moves **backward**, usually from seizures or electric shock injuries.
- **Inferior Dislocation (Very Rare)** - The humerus moves **downward**, often due to high-force trauma.

Symptoms:

- **Severe shoulder pain and deformity** (arm may appear out of place).
- **Inability to move the shoulder or loss of strength**.
- **Swelling, bruising, and possible numbness** in the arm.
- **Instability** and a high risk of repeat dislocations if the ligaments are damaged.

Specific Work Modifications:

- **If your job requires standing or walking:** Avoid **carrying weight on the injured side** and take **breaks to rest the arm**.
- **If your job involves lifting:** Avoid **lifting, pushing, pulling, or repetitive overhead movements**. Use **both hands when possible**.
- **If your job is desk-based:** Keep the **shoulder supported**, avoid resting the arm on hard surfaces, and take **posture breaks every 30 minutes**.
- **Avoid:** Overhead reaching, carrying heavy objects, repetitive arm motions, and forceful pushing/pulling.

Specific Activity Modifications:

- **If you play sports:** Avoid **contact sports, throwing, swimming strokes, or overhead racket sports** until fully healed.
- **If you do weightlifting:** Avoid **bench presses, overhead presses, dips, and pull-ups**; instead, focus on **controlled, pain-free movements**.
- **If you do yoga or Pilates:** Modify poses to **avoid excessive shoulder stretching, deep rotation, or weight-bearing on the arms**.
- **Avoid:** High-impact activities, repetitive overhead motions, and exercises that cause joint pain or instability.

Recommended Supplements:

- **Collagen Peptides** - 10g daily for ligament and joint repair.
- **Vitamin C** - 500mg daily to promote collagen synthesis.
- **Glucosamine & Chondroitin** - 1500mg/1200mg daily for joint lubrication and cartilage health.
- **Omega-3 Fatty Acids** - 1000mg daily to reduce inflammation.
- **Turmeric (Curcumin)** - 500-1000mg daily for natural pain relief.

Recommended Nutrition and Hydration:

- **Increase Lean Protein** (chicken, fish, tofu, eggs) to support joint and muscle healing.
- **Eat Anti-Inflammatory Foods** (berries, leafy greens, turmeric, nuts) to reduce swelling.
- **Consume Hydrating Foods** (cucumber, watermelon, citrus) to maintain joint lubrication.
- **Limit Processed Foods & Sugars** to prevent inflammation.
- **Hydration:** Drink **8-10 cups of water daily** to support joint function.

Home Exercise Prescription (Rehabilitation for Shoulder Dislocation)

Early Phase (0-2 Weeks, Reducing Pain & Protecting the Joint):

- **Immobilization** - Wear a **sling** for **2-4 weeks** as instructed by your doctor.
- **Pendulum Exercises** - Lean forward, let the arm hang, gently swing in small circles, **10 reps, 2x/day**.
- **Scapular Squeezes** - Pinch shoulder blades together, hold **5 seconds**, repeat **10 reps, 2x/day**.
- **Isometric Shoulder Holds** - Press palm against a wall without moving the shoulder, hold **5 seconds**, repeat **10 reps, 2x/day**.

Strengthening Phase (2-6 Weeks, Improving Stability & Mobility):

- **Wall Walks (Forward and Lateral)** - Use fingers to "walk" the arm up the wall, hold **5 seconds**, repeat **10 reps, 2x/day**.
- **External Rotation with Resistance Band** - Keep elbow at **90 degrees**, rotate forearm outward, **10 reps, 2x/day**.
- **Internal Rotation with Resistance Band** - Keep elbow at **90 degrees**, rotate forearm inward, **10 reps, 2x/day**.

Advanced Phase (6+ Weeks, Preventing Recurrence & Maintaining Mobility):

- **Lateral Arm Raises (Light Resistance)** - Raise arms to shoulder height, **10 reps, 2x/day**.
- **Scapular Stability Exercises (Resistance Band Rows)** - Pull resistance band toward chest, **10 reps, 2x/day**.

- **Modified Push-Ups (Wall or Knees)** - Maintain control, **10 reps, 2x/day**.

Helpful Books:

1. *The Shoulder Pain Solution: Simple Exercises to Prevent and Recover from Injury* - John M. Kirsch, MD.
2. *Overcoming Shoulder Pain: A Guide to Rehabilitation and Recovery* - Peter T. J. Barrett.

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.