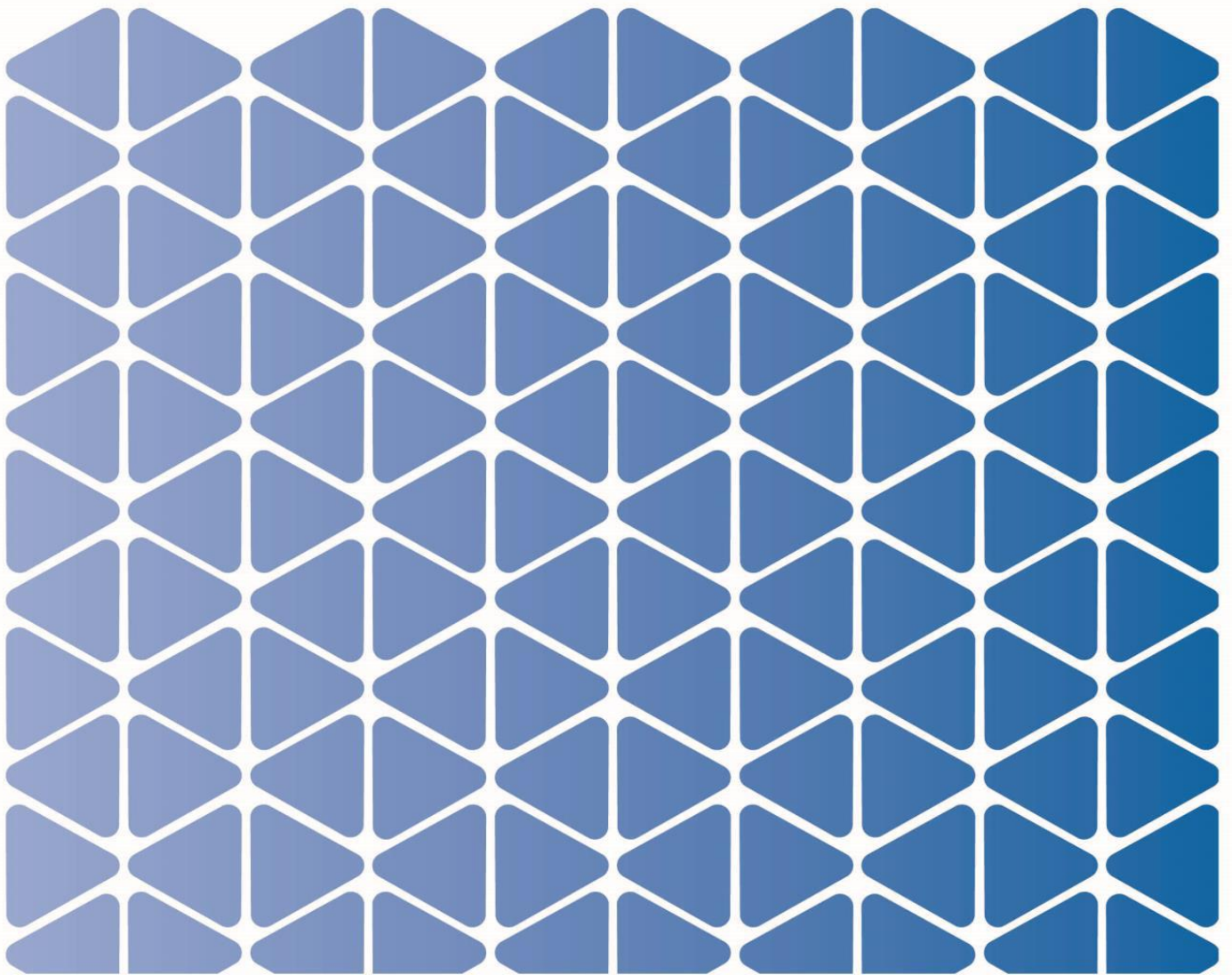


## PATIENT INFORMATION

# SHOULDER DISLOCATION

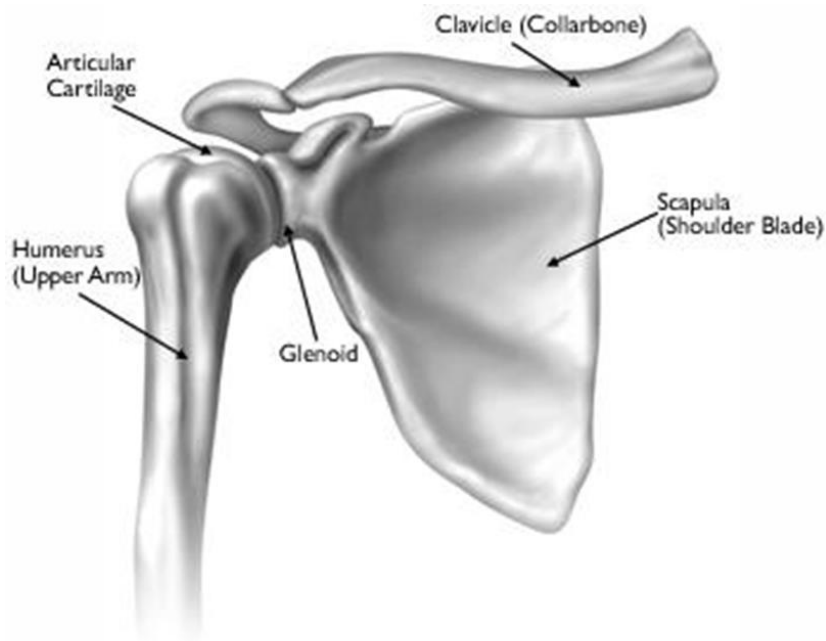


This leaflet will provide you with the information required to begin your rehabilitation following your shoulder injury.

## **Understanding Your Injury**

### **Anatomy of the shoulder**

The shoulder is a ball and socket joint consisting of two bones. The ball at the top of your arm bone (humerus) fits into the socket (glenoid) which is part of your shoulder blade (scapula). This is supported by fibrous tissue, articular cartilage, labrum (a cartilage-like ring surrounding the glenoid) and the muscles and tendons which provide movement.



### **Atraumatic dislocation**

This occurs when the shoulder dislocates with minimal force such as reaching up for an object or turning over in bed. Usually it will 'pop' back in itself or with a little help. Normally this type of dislocation does not need relocating back in to place in A&E

### **Traumatic dislocation**

This when the shoulder has undergone an injury with enough force to pull the shoulder out of joint such as being tackled in a football or rugby game, a road traffic accident etc. Usually this is the first episode and it would need relocating back in to place in A&E.

If you have any further questions regarding your injury, please ask your Physiotherapist.

## **Advice Following Your Injury**

### **Pain**

Pain is very normal at this stage and it is important to manage this so you can complete your exercises as well as feel comfortable during the day and when sleeping.

Ensure you are taking the pain medication as prescribed by your consultant or doctor.

### **Supporting the Arm**

You may be given a sling to wear to keep the shoulder comfortable. It is usually worn for a maximum of 2 weeks unless you have broken your shoulder when it may be worn for up to 6 weeks. If it is for a specified length of time, ensure you follow this.

If you have been advised to wear the sling for comfort, you should begin to wean off it as your comfort allows. If you are sitting, you may take the sling off and support the arm on a pillow.

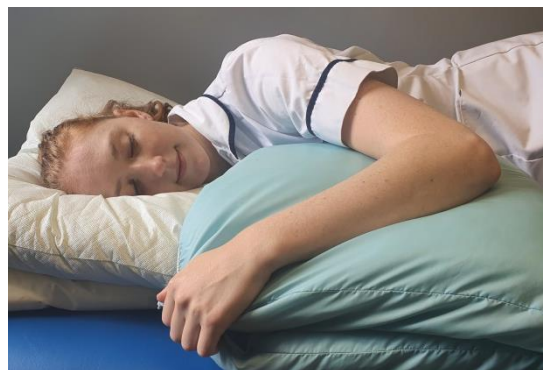
If you are unsure how long you should be wearing your sling for, please contact your physiotherapist.

### **Sleeping Comfortably**

When you've injured your shoulder, sometimes it can be difficult to find a comfortable sleeping position.

When sleeping on your back, try sleeping with a small pillow under the arm, so you keep it supported and off the bed.

Sleep on the opposite side to the injured shoulder, hugging a pillow with the arm supported on the pillow.



## **Rehabilitation Following Your Injury**

Once the shoulder has been restored to its normal position in the socket the rehabilitation process can begin, this can take up to a year to completely regain full strength and function

The rehabilitation is in three phases:

### **Phase 1 From Day 1 -3 weeks**

This phase begins once the shoulder has been put back in the socket. You may be given a sling to keep the shoulder comfortable. It is usually worn for a maximum of 2 weeks unless you have broken your shoulder when it may be worn for up to 6 weeks.

### **Position to Avoid**

Following your shoulder dislocation, you should avoid the combined movement of taking your arm out to the side with your hand up towards the ceiling as seen in the picture, especially if force is applied.

Do not force or stretch the shoulder during this phase



### **Exercise**

Your physiotherapist will provide you with exercises which aim to reduce joint stiffness and begin to increase your range of movement. These exercises should be completed within a relatively pain free range and you should avoid pushing past the point of pain.






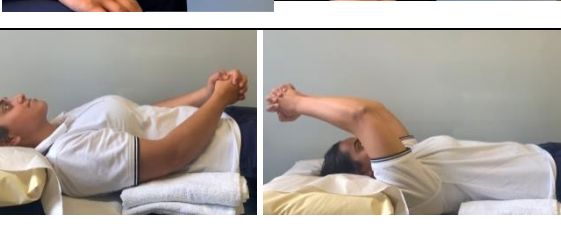
Although you may not be able to use your shoulder easily, you can keep the muscles working by exercising your opposite shoulder. For example, try holding a tin of beans in the opposite hand, then push up above your head, then slowly lower down. Then, with your arm straight down by your side, lift your arm straight out to your side so it is parallel with your shoulder, then slowly lower back down. Repeat this 8-10 times. Complete 4 sessions at intervals during the day.

You can also keep active by completing lower limb exercises, abdominal and back postural muscles strengthening exercises which do not use your upper limbs. This will help keep you strong and also help keep the muscles in your shoulders activated.

Your physiotherapist will highlight which exercises you should be completing and how often you should complete them, appropriate to your stage of rehabilitation.



## Phase 1 Exercises

<input type="checkbox"/> <b>Elbow flexion and extension</b> Keep elbow tucked in to side. Bend elbow and bring hand towards shoulder. Straighten elbow out all the way.	
<input type="checkbox"/> <b>Shoulder shrugs</b> Shrug your shoulders so you are bringing your shoulder up to your ear, then relax down.	
<input type="checkbox"/> <b>Assisted shoulder flexion</b> Support your affected arm with your other arm. Use your other arm to lift up affected arm in front of you, within a comfortable range.	
<input type="checkbox"/> <b>Assisted shoulder abduction</b> Support your affected arm with your other arm. Use your other arm to lift up affected arm out to side, within a comfortable range.	
<input type="checkbox"/> <b>Table slides</b> Place arm on a table with a towel underneath to slide on. Slide arm forward within a comfortable range, keeping arm flat on the surface. Slide back. You may use your other hand to help you if this is too difficult.	
<input type="checkbox"/> <b>Lying shoulder flexion</b> Lie comfortably with a small towel underneath your upper arm. Clasp your hands together and use your non affected arm to lift up your affected arm up as far as comfortable. Slowly lower back down. Join in with your affected arm as you feel able.	

## How Often to Complete Exercises

**Phase 2 and 3 will be guided by your Physiotherapist when you are contacted by them.**

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PET@nhs.net](mailto:wah-tr.PET@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.