

Patient information

Primary dislocation of the Shoulder

Fracture Care Team: Shared Care Plan

Trust Switchboard for both sites: 0300 131 4500

Fracture clinic and orthopaedic outpatient appointments:

Eastbourne 0300 131 4788

Conquest 0300 131 4861

This information leaflet explains the ongoing management of your injury.

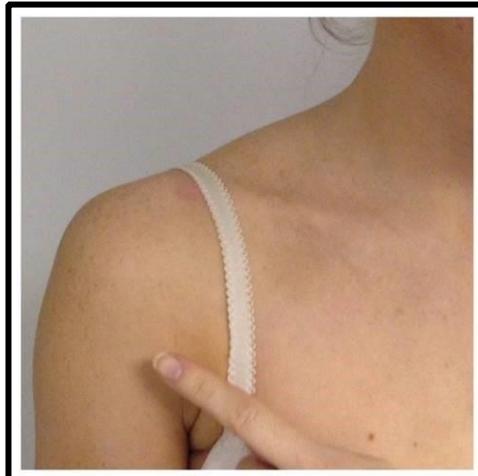
You have sustained a dislocation to your shoulder for the first time. The shoulder is a ball and socket joint which was disrupted during your dislocation. Please keep the sling provided on for the first three weeks to allow the soft tissues to settle, after this please follow the staged management plan outlined below. Take pain killers as prescribed. You may find it more comfortable to sleep propped up with pillows. If you are worried that you are unable to follow this rehabilitation plan, or have any questions, then please contact the Fracture Care Team for advice.

Sometimes after a dislocation it is normal to get a small patch of numbness on the outside of the shoulder; this should resolve with time.

We routinely make an appointment in the fracture clinic 3 weeks after your injury. However we would like to know if you have any of the following symptoms during the first 3 weeks so we can explore this further with you:

- Pins and needles down your arm/hand
- If you are struggling to move your arm at all
- If you are experiencing pain and symptoms anywhere other than at the site of the original injury or surrounding area
- If your pain is not improving

If you have any of these symptoms please contact us on the details provided above so we can discuss this further.

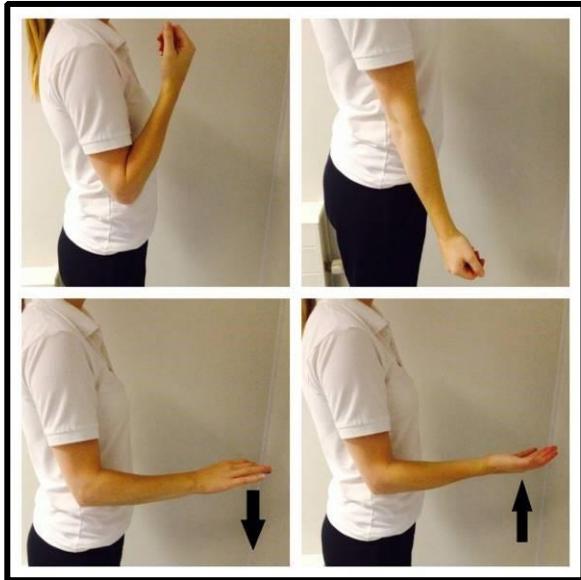
Picture of injury

Please follow the Management / Rehabilitation plan shown below -

Weeks since injury	Rehabilitation plan
0 - 3	Wear the sling all the time. Even at night in bed. Start initial exercises.
3 - 6	You may start to discard the sling at night. Return to normal light activities using the arm and shoulder such as eating and washing. Increase movement using the Stage 2 exercises below but use your other arm to assist with the exercises. Start to lift your arm over-head if possible.
6 - 8	Start to discard the sling between weeks 6 and 8 as comfort allows. Return to normal light activities using the arm and shoulder. Progress to Stage 3 exercises below to increase the strength of your shoulder. You should be able to largely carry out routine day to day activities but avoid heavier tasks. Progress to lift your arm over-head without support from your other arm if possible.
8 weeks	Continue with Stage 3 exercises as above and add Stage 4 exercises.

Initial Exercises to do 4 - 5 times a day

If you have stiffness in your elbow or hand from wearing the sling, you may wish to perform these exercises first. However, once they become easy you can start with the posture and pendulum exercises.



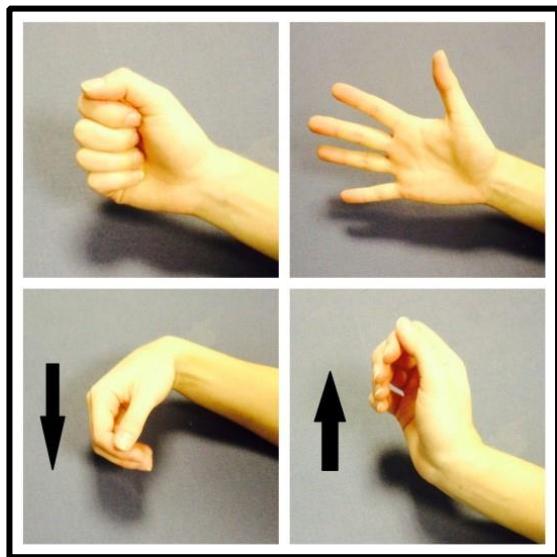
Elbow Bend to Straighten

Bend and straighten your elbow so you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain.

Forearm Rotations

Put your elbow at your side. Bend it to 90 degrees. Slowly rotate your palm up and down until you feel a mild to moderate stretch. You can use your other arm to assist if necessary. Do not push into pain.

Repeat 10-15 times provided there is no increase in symptoms.



Finger and wrist flexion and extension

Open and close your hand as shown 10-15 times. Then move your wrist up and down 10-15 times.

After a few days, hold a soft ball/ball of socks. Squeeze the ball as hard as possible without pain. Hold for 5 seconds and repeat 10 times.



Postural awareness

Bring your shoulders back and squeeze your shoulder blades together as shown in the picture. Do this with or without your sling on.

Hold the position for 20-30 seconds and repeat 5 times provided there is no increase in symptoms.



Shoulder pendular exercises

Stand and lean forward supporting your injured arm with your other hand as shown in the picture. Try to relax your injured arm.

1. Assist your arm slowly and gently forwards and backwards.
2. Assist your arm slowly and gently side to side.

Continue for approximately 1-2 minutes in total provided there is no increase in symptoms. Remember to try and relax your arm.

Stage 2 exercises to do 4 - 5 times a day - To start at 3 weeks after injury



Active assisted Shoulder flexion

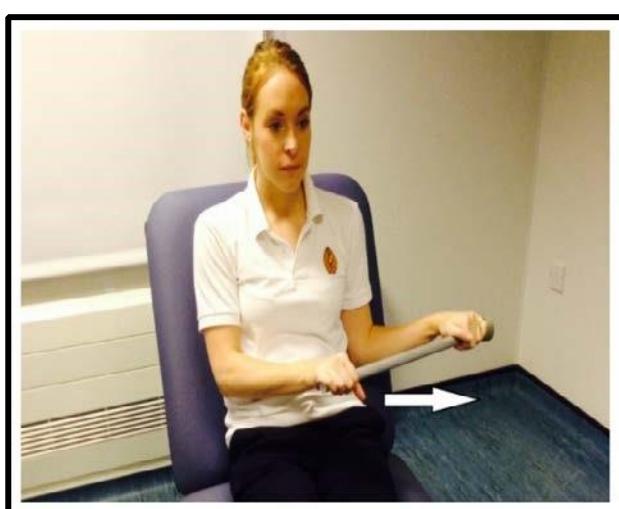
Use your other hand to lift your arm up in front of you as shown in the pictures.

Repeat 10 times provided there is no increase in symptoms.



Active-assisted Abduction:

Hold your injured arm as in the photo. Gently push your injured arm to the side (away from your body) as far as comfort allows. It may help to face a mirror initially to make sure the top of your shoulders stay level.



Active assisted External rotation

Keep the elbow of your injured arm tucked into your side and your elbow bent. Hold onto a stick/umbrella/golf club or similar. Use your unaffected arm to push your injured hand outwards. Remember to keep your elbow tucked in. Push until you feel a stretch.

If you don't have a stick you could simply hold the injured arm at the wrist and guide it outwards.

Hold for 5 seconds then return to the starting position. Repeat 10 times provided there is no increase in symptoms.

Stage 3 exercises to do 4-5 times a day - To start at 6 weeks after injury

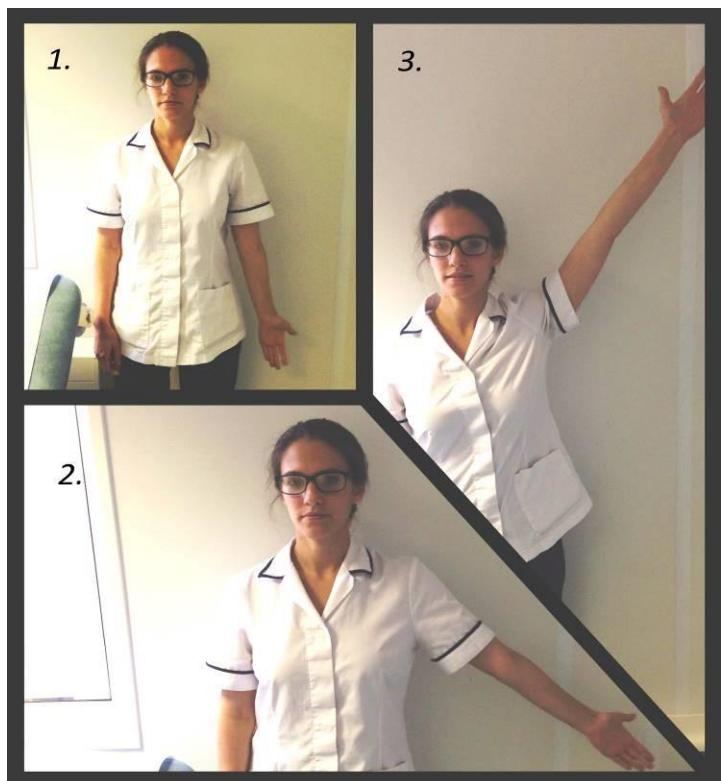
When you have regained full range of movement during the above exercises without pain you can start to do the exercises without the support of your other hand; this is known as active range of movement. Then when you have regained your full range of movement without the support of the other arm you can start to build up your regular activities.

Active Forward flexion:

With your thumb facing up, try to move your arm up, keeping it close beside your body.

**Active Abduction**

With your thumb facing up and outwards, try to move your arm in a big arc out to the side.



Stage 4 exercises to do 4-5 times a day - To start at 8 weeks after injury

Active External rotation

With your elbow by your side, rotate your forearm outwards, keeping your elbow at about 90 degrees in flexion.



Repeat all of these 3 exercises 10 times each, 4-5 times a day. Only go as far as you can naturally, without doing any trick movements to try and get further. This will increase over time and should not be forced.

If you are having problems progressing with the exercises and have a follow-up consultation booked, please do let the clinician know so that they can review the exercises and refer you on to Physiotherapy if necessary. If you are on an independent management programme, then please contact us using the number at the top of the letter so that we can also arrange physiotherapy for you.

Sources of information

This information leaflet has been developed by the Fracture Care Team at Brighton and Sussex University Hospitals Fracture Care Team and adapted for use at East Sussex Healthcare NHS Trust.

Important information

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner. Information updated during the COVID19 pandemic to ensure that patients with injuries have information, support and care despite social distancing.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at: eshtr.patientexperience@nhs.net

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4434 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse, practitioner or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Dr Danielle Vidler – Consultant and Clinical lead Emergency Department CQ

Mr Utham Shanker – Consultant and Clinical lead Emergency Department EDGH

The directorate group that has agreed this patient information leaflet:
URGENT CARE

Next review date: December 2027

Responsible clinician/author: Emergency Department Consultants

© East Sussex Healthcare NHS Trust – www.esht.nhs.uk