

DISLOCATED SHOULDER ADVICE SHEET

- Wear a sling for the first few days or until pain settles without (if you are finding yourself cradling your arm, you probably still need a sling).
- For the first 2-3 days, ice the shoulder for 20 mins every few hours.
- To prevent re-injury:
 - Keep your elbow close to your body for the first week or two
 - For six weeks
 1. Avoid putting hand behind back, or behind head
 2. Avoid heavy lifting with that arm
- Exercises - tuck elbow into side and hold
 - Resist pushing your arm:
 1. Outwards against resistance (hold for 5 seconds, repeat 10 times each)
 2. Inwards against resistance



Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.



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- Make an appointment to see a physiotherapist at two weeks to commence strengthening exercises.
- It takes roughly six weeks for the ligaments around the shoulder to tighten up again after a dislocation, so sports and vigorous activities involving the arms or where there is potential to fall over should be avoided completely within this period.
- If you have nerve damage and your shoulder muscles are not working properly, it may take a bit longer to get back full function in the shoulder.
- Generally if you have had 3 dislocations in the past, you usually need surgery to stabilise the shoulder.

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