

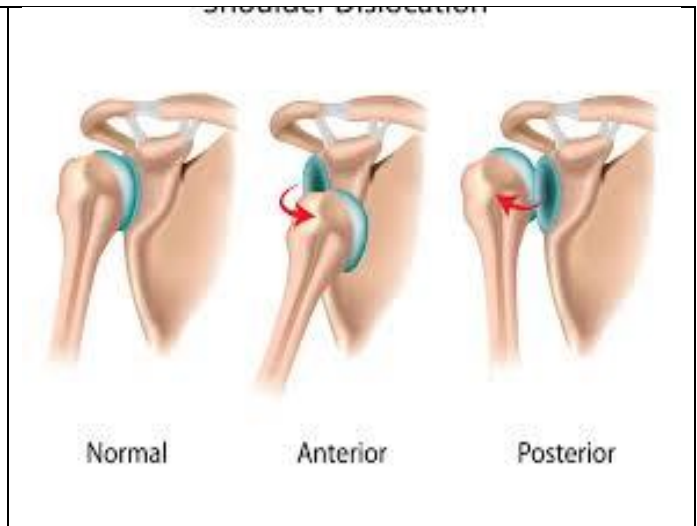
Dislocated Shoulder

What is a Dislocated Shoulder?

A dislocated shoulder occurs when the upper arm bone (humerus) is displaced from its normal position in the shoulder socket (glenoid). This injury can result from trauma, falls, or sports activities, and is particularly common among athletes.

Symptoms

- Severe pain in the shoulder
- Swelling and bruising
- Visible deformity (the shoulder may look out of place)
- Inability to move the arm



Diagnosis

1. Physical Examination:

A healthcare professional will assess the shoulder's appearance, range of motion, and pain level.

2. Imaging Tests:

- **X-rays:** The primary imaging tool to confirm a dislocation and check for bone fractures.
 - **MRI:** Used if there's suspicion of soft tissue damage, such as ligament tears.
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Treatment

1. Immediate Care:

- **Rest:** Avoid moving the affected arm to prevent further injury.
- **Ice:** Apply ice packs to reduce swelling and alleviate pain. Use for 15-20 minutes every hour.

2. Reduction:

A medical professional will perform a "reduction" procedure to reposition the humerus back into the shoulder socket. This is typically done under sedation to minimize discomfort.

3. Immobilization:

Once the shoulder is back in place, it's important to immobilize it using a sling or brace for several weeks. This helps in healing and prevents re-dislocation.

4. Rehabilitation:

Physical therapy is essential to restore strength and flexibility. A therapist will guide you through exercises tailored to your recovery stage, gradually increasing intensity as healing progresses.

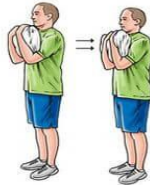
Shoulder Dislocation Rehabilitation Exercises



Isometric shoulder external rotation



Isometric shoulder internal rotation



Isometric shoulder adduction



Isometric shoulder flexion



Isometric shoulder extension



Isometric shoulder abduction

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Prevention Tips

- **Strength Training:** Strengthen shoulder muscles through targeted exercises.
- **Technique Improvement:** Learn proper techniques for sports and physical activities.
- **Avoid High-Risk Activities:** Be cautious in situations that increase the risk of falling or impact to the shoulder.