

Holladay Physical Medicine

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This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

Shoulder Dislocation

Of all the joints in the body, the shoulder is the [joint](#) most prone to [dislocation](#). It can dislocate as a result of accidents, whether from involvement in a motor vehicle collision, sporting activity, or from a fall from a standing position onto an outstretched arm. Recovery from a dislocated shoulder can take months to regain normal function.

Shoulders and Other Joints

The shoulder is one of the most complicated joints in the human body. Many of the other joints, such as elbows and fingertip joints, are like simple hinges. They can only bend in one direction and straighten out (*Fig. 1a*). The knee has a little more movement. In addition to bending and straightening out, knees can to some extent rotate. However, in comparison to other joints, the shoulder is relatively complex in its structure and this gives it greater movement capabilities.

The rounded top of the upper arm bone, the [humerus](#), fits into a shallow socket located in the upper part of the [scapula](#), just above its shoulder blade (*Fig. 1b*). When working properly, this ball-and-socket arrangement allows the arm to move in most directions, including an arc of almost 360°.

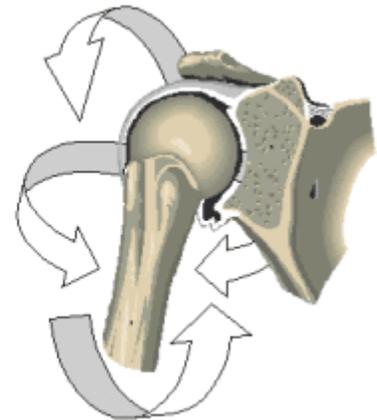
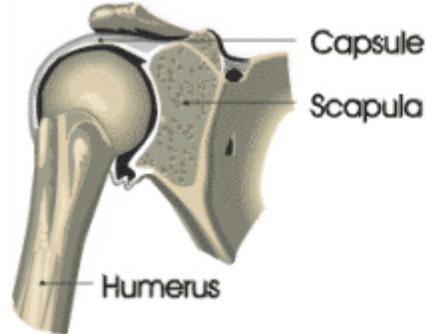
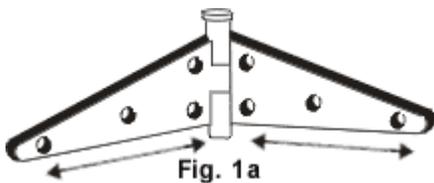


Fig 1b

The hip joint has a similar ball-and-socket structure. Hips can also dislocate as a result of trauma such as from water skiing accidents, but hips are more stable than shoulders and tend to dislocate less frequently.

What is a dislocated shoulder?

The arm is normally held in the shoulder socket by the soft tissue capsule which fits over the joint like a sock (*Fig. 1c, left*). It is also held together and stabilized by fibrous ligaments that lie within the capsule, by the muscles and tendons that rotate the arm.

A dislocated shoulder is an upper arm out of its socket (*Fig. 1c, right*).

Instability is usually defined as a clinical [syndrome](#) which occurs when a shoulder is loose enough to produce [symptoms](#). It can refer to either outright [dislocation](#) where the upper arm bone comes out of the socket or to a more subtle slipping of the

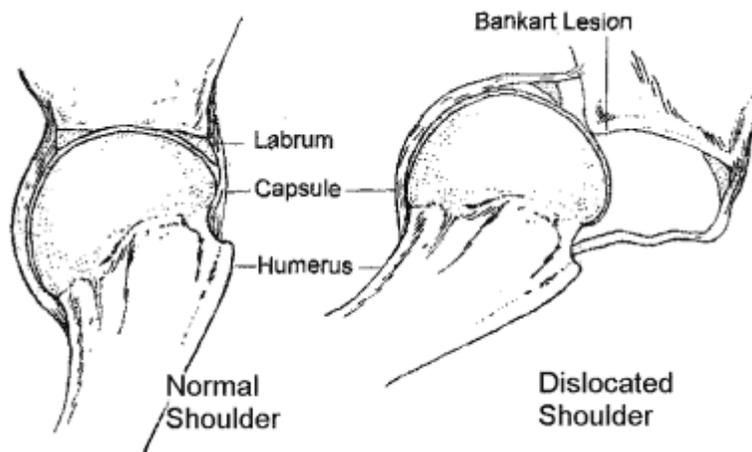


Fig 1c

humeral head within the socket, a condition known as [subluxation](#).

What causes the shoulder to dislocate?

Shoulders can dislocate when a strong force, such as a traumatic injury, abnormally stretches the ligaments and tendons, causing the ball-shaped end of the humerus to pop out of its socket. A minority of people have shoulders that can subluxate or even dislocate spontaneously. However, almost 95% of shoulder dislocations result from either a forceful collision or from a sudden wrenching movement as may occur during sport, from falling onto an outstretched arm, and from motor vehicle collision.

How does it feel to have a dislocated shoulder?

Unless you have already experienced dislocation, you instinctively know that something is wrong with your shoulder but are not sure what has actually happened to it.. Some people apparently have much more pain during the period when their shoulder is still out-of-joint. Bruising, swelling, weakness, tingling, numbness and/or loss of sensation typically occur.

How is a dislocated shoulder repaired?



If your shoulder dislocates as a result of an accident, you should go -- as quickly as possible -- to a hospital's emergency department where you will probably be X-rayed to confirm the diagnosis of dislocated shoulder and to rule out a related fracture (*Fig. 1d*). You will probably be put into a light sleep while one of the emergency staff "[reduces](#)" your shoulder. That is, they relocate your upper arm bone back into its shoulder socket. For some people, the problem is fixed without much problem; for other people it is not so easy. There are several levels of difficulty and corresponding techniques needed to reduce shoulders. I'm not sure what they did to me because I was "out" at the time and forgot to ask when I woke up. [Click here](#) to see an interesting reduction technique ([section 3](#)).

Once a shoulder is back together, this is just the beginning of a long repair process, which may take up to a full year to regain normal strength and full range of movement without pain. By the time your shoulder settles down and is less painful, you can begin a prescribed protocol for exercise, physical therapy and manipulation to repair the shoulder joint..

The next problem is that you don't feel much like using your sore arm. This can make your muscles get out of balance and lead to further problems. At this point, a good physiotherapist can help you to retrain the use of your muscles. Strengthening the weakened muscles will help to restore their balance. By now, your muscles may also have developed "knots" or small spasms which can limit the extent to which you can move your arm. The physiotherapist can massage out these knots and help you regain your normal movement as well as strength. He or she may be able to advise you on how to prevent scar tissue formation or to break up or stretch any scar tissue which has already formed in your shoulder as a result of the accident, or from subsequent inflammation.

More trouble ahead?

Now that your ligaments have been stretched, you may wonder if your shoulder will dislocate again. The answer to that partly depends on how well you heal and whether or not you have another injury. However, your tendency to dislocate will be strongly influenced by your age at the time of first dislocation.

If you dislocate again and again, and if you find that your shoulder problem is interfering with your life style, it may be a good idea to arrange for surgery so you can get your loose and unstable shoulder capsule tightened up and/or repair any torn ligaments. This may be especially important if you normally enjoy participating in sports.

Treatment and Rehabilitation

1. If necessary, reduction of the dislocation
2. Ozone injections
3. Bi-polar electrical stimulation
4. Eccentric exercises

5. Sometimes, Manipulation of the spine and surrounding tissue relieves the stress on the muscle attachments.
6. Theragun soft tissue manipulation
7. Elimination of repetitive friction motions will relieve the symptoms.

Recommendations:

1. For acute situations, utilize ice packs on the affected area until numbness is reached.
2. Ultrasound therapy is effective in the healing process.
3. At the appropriate time, stretches and strengthening exercises should be implemented in the treatment regimen.

USE OF PRESCRIPTION DRUGS

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

NUTRITION AND SUPPLEMENTATION:

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

GENERAL DAILY SUPPLEMENTS

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

SPECIFIC FOR THIS CONDITION

Biost
Glucosamine Sulphate
Ligaplex II
Calcifood

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

HOME REMEDIES AND MEDICINES

After the first 1-3 days when you should be using 5-8 minutes of cold packs, utilize moist heat packs on a daily basis during the first phase of treatment. 15 minutes is the maximum therapeutic dose for heat in this condition. The application may be repeated with at least 15 minutes of non-heat rest in between. This will help relax tight muscle fibers and bring blood to the region. Hot tubs and baths with Epsom salts provide temporary relief.

The use of over-the-counter medications for pain and inflammation may be seen as necessary at first depending on your pain level and tolerance. Understand that we depend on your natural immune response to function well in order to heal this disorder. Some pain relievers and most anti-inflammatory medications shut of the inflammatory response which is what triggers your body's immune response mechanisms. If you need pain medicines of any kind to continue to function or to be able to do the exercise routines we have recommended, use good judgement in when you use them. We strongly suggest you consider ice packs for 5-10 minutes for pain relief and mechanical positioning of the injured areas to relive pressure and pain. The more you are able to do these procedures and avoid medications, the faster your immune response will be effective and the sooner you will be out of pain and begin healing. The sooner you can stop taking pain medication, the better it will be for your healing.

EXERCISES:

Exercises should be specific, performed at the right time and in a particular order. They should be simple and aimed at pain relief and stabilization at first. Seek advice from your chiropractic physician on when to do these exercises and how often. When performed correctly, rehabilitation exercises can be the key to avoiding multiple episodes of pain and maintaining the function of the muscles and joints.

Our goal here is to have you begin exercises as soon as the joint mobility has been restored sufficiently. Consistent and proper exercise rehabilitation will shorten your treatment time and help reduce recurrence of the same disorder.

We offer a video training featuring exercises specifically designed and proven effective if properly performed for the rehabilitation of this condition. These video files are available on our web page at www.holladayphysicalmedicine.com ---follow that link, then the exercise pulldown menu at the top center of the home page, choose therapeutic and then scroll down to:

shoulder,

then also and review

neck and Thoracic spine

and perform them daily as soon as you can work it into your schedule. Along with the physical medicine we have recommended, it is the regular performance of these exercises that will get you well and keep you well.

MAINTENANCE:

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

OTHER INFORMATION:

We offer a wide variety of health information at our web site. www.holladayphysicalmedicine.com All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.