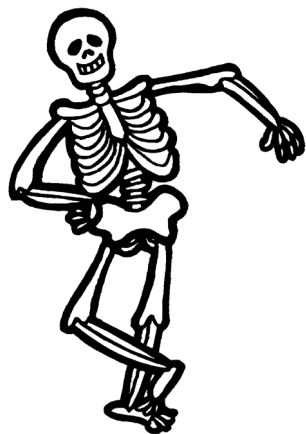


Anterior Dislocation of Shoulder

Patient information - Orthopaedic Outpatients Department



This most commonly results from a fall leading to external rotation of the shoulder (e.g. the trunk internally rotating over a fixed hand).

It is rare in children, and common in the 18-25 age group (from motorcycles and athlete injuries), and comparatively common in the elderly, where stability of the shoulder may be impaired by muscle degeneration and falls are more common.

Young people should have their arm in a sling for at least 2 weeks, and then, when checked by the doctor, can gradually increase the range of movement in their shoulder. They should avoid any contact sports and activities that could cause stress to their shoulder, until permitted to do so by the doctor or

physiotherapist.

Unless the shoulder is given enough time to heal, all the damaged muscles and tendons could become unstable and dislocate with very little provocation.

Elderly patients will have their shoulder checked at one week, as they are more likely to damage muscles around their shoulder, and may need early physiotherapy.

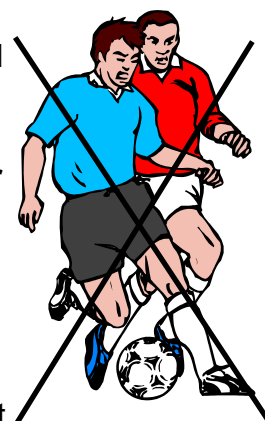
All patients must avoid lifting their arm up to behind their back, and away from their side with their affected shoulder for at least two weeks.

These movements could cause the shoulder to dislocate again.

Particular care should be taken when showering/bathing and dressing.

The sling should be worn at night and underneath the clothes for at least the first few days.

Check with the doctor when you can participate in contact activities again.



Orthopaedic Outpatients
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For more information about:

- your health and medication, go to www.healthinfo.org.nz
- hospital and specialist services, go to www.cdhb.health.nz