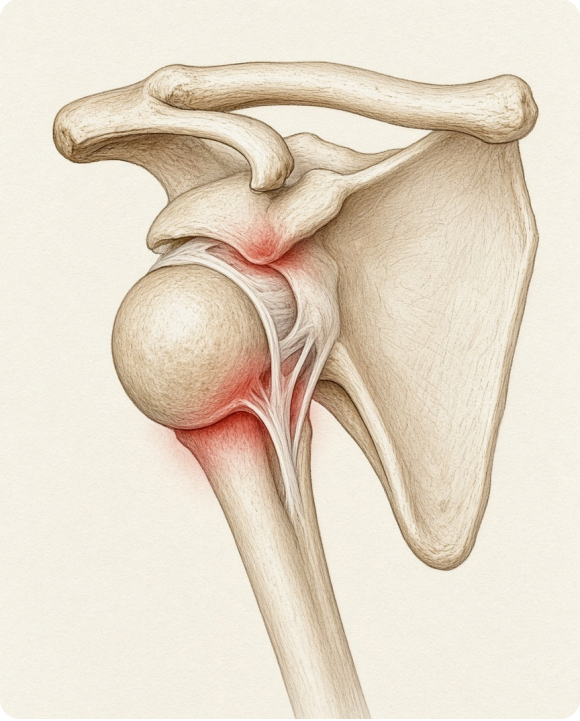
ARMIN PHYSIO



PATIENT GUIDE

Shoulder Subluxation

Feel like your shoulder is slipping out of place? It could be a **shoulder subluxation.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is a shoulder subluxation?

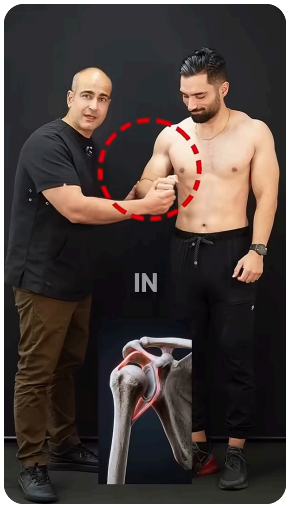
A subluxation happens when the ball of your upper arm bone partly slips out of the shoulder socket and back in, often after a fall or injury, a ligament injury or ongoing joint instability. Progressively strengthening the rotator cuff and shoulder blade muscles can help improve stability and lower the chance of it happening again.

QUICK CHECK

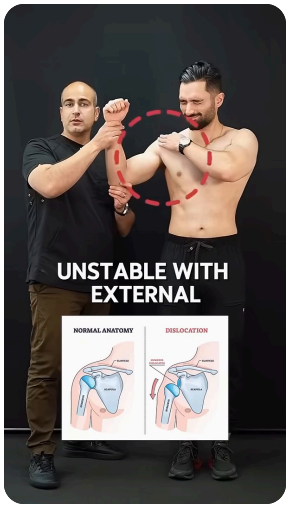
Does this sound like you?

- [ ] Your shoulder **popped out and back in**
- [ ] Your shoulder **feels unstable** when it rotates outward
- [ ] **Pain and instability** with overhead activities
- [ ] **Clicking or popping**, or the shoulder **giving way**
- [ ] Fear or discomfort **reaching behind your head**

If you ticked a few boxes, an unstable shoulder could be the problem. A new subluxation, or one from a fall or accident, should be assessed first. Once you're cleared, try the 3 exercises on the next pages.



The shoulder popped out and back in



Feels unstable rotating outward

YOUR 3 EXERCISES

Try these exercises

1 Band internal rotation

Strengthens the muscles that rotate your arm inward



1. Hold on to a band like so.
2. Work your **internal rotation**: **pull that band in towards your stomach**.
3. Then **go back out slowly** and repeat.

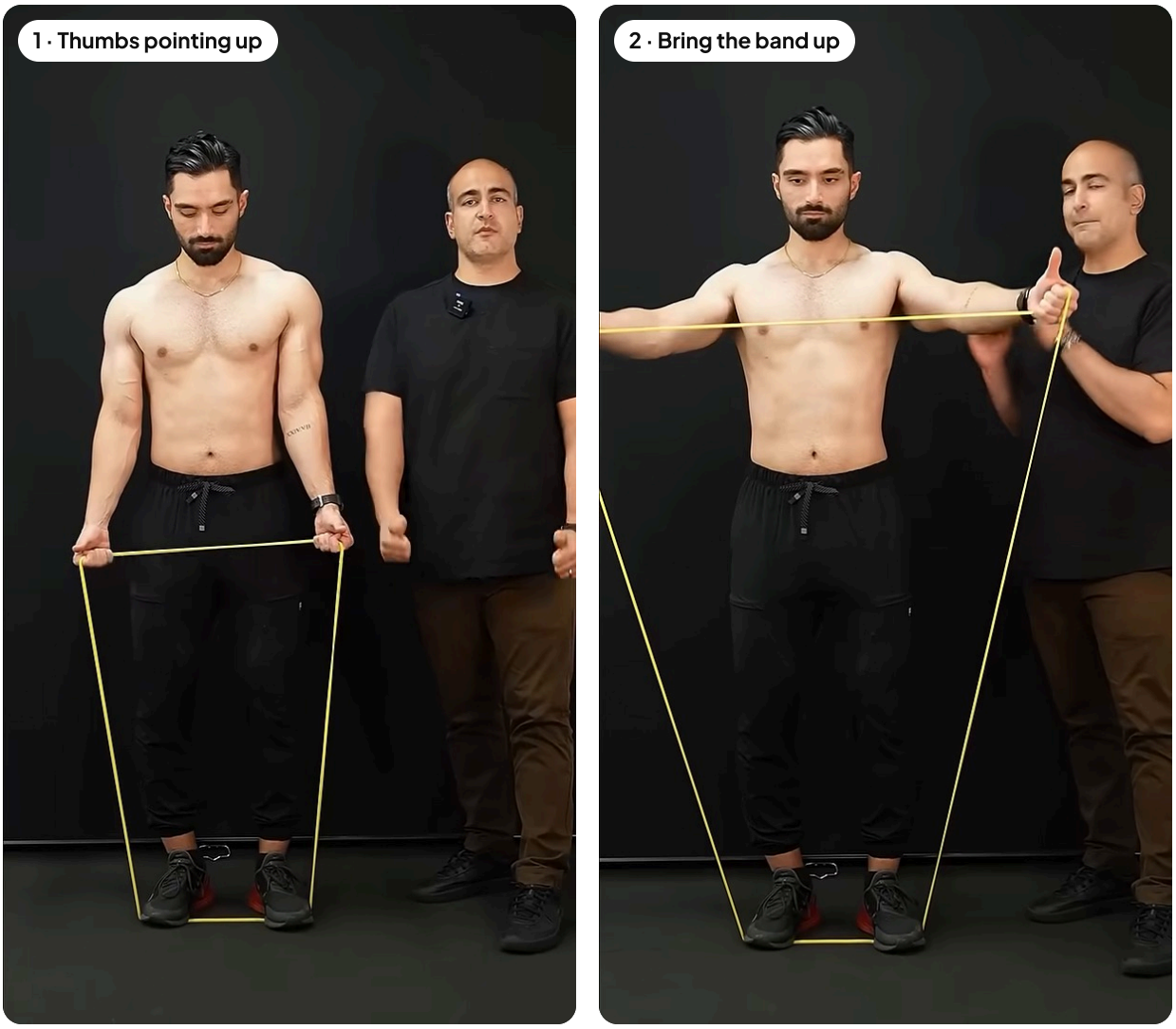
3 sets of 10–15 reps, slow and controlled

From Armin's video description, once you're cleared to start strengthening

Stop if you feel sharp pain that doesn't settle, or numbness or tingling down your arm.

2 Band raise, thumbs up

Strengthens the shoulder while you keep the shoulder blade steady



1. Hold on to a band like so with your **thumbs pointing up**.
2. From here, **bring that band up**. Go as much as you can tolerate.
3. Make sure you're **stabilizing your shoulder blade**.
4. **Come back down slowly** and repeat.

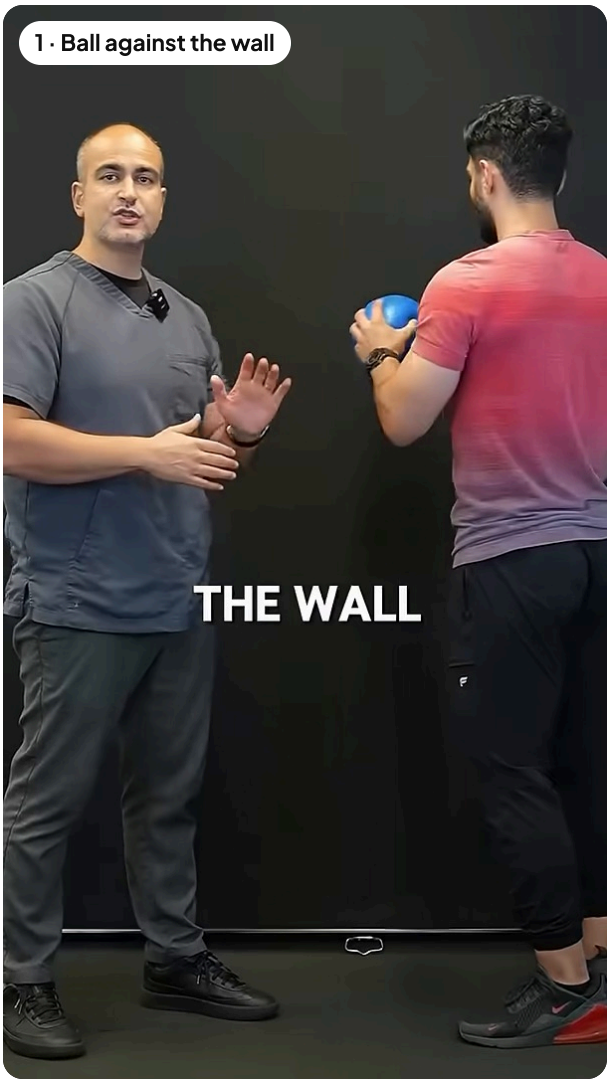
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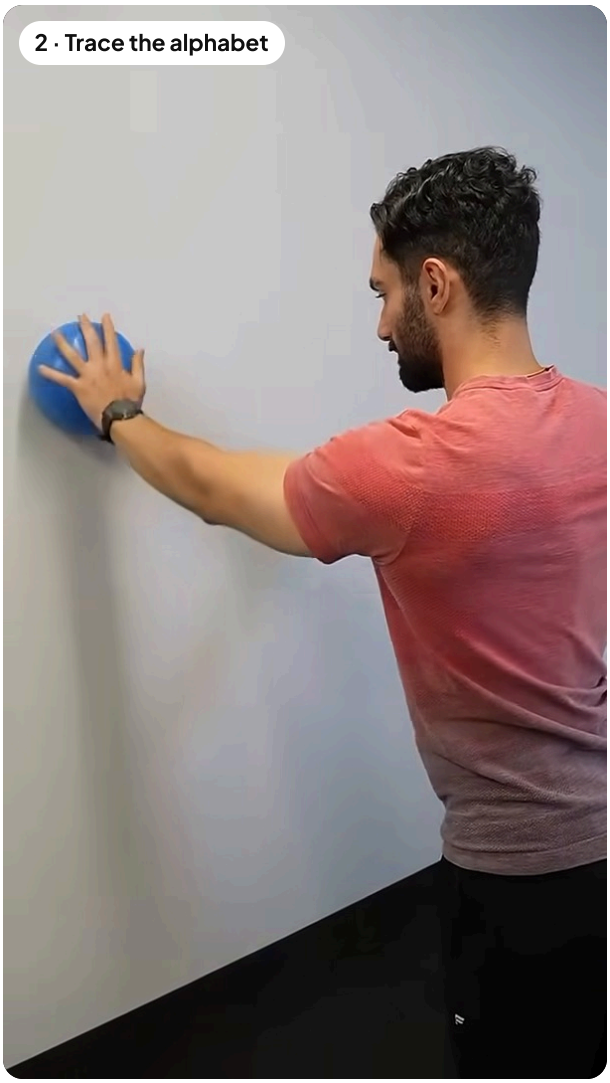
From Armin's video description, once you're cleared to start strengthening

Stop if you feel sharp pain that doesn't settle, or numbness or tingling down your arm.

3 Ball on the wall: alphabet

Stabilizes your shoulder blades





1. Grab a ball and **place it against the wall**.
2. **Gently lean into the ball.**
3. From here, try **doing the alphabet**.
4. **Stabilize your shoulder blades** while you're doing it, and repeat.

2–3 rounds of the alphabet

Suggested dosing

Stop if you feel sharp pain that doesn't settle, or numbness or tingling down your arm.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Strengthen
Band internal rotation, 3 sets of 10–15

02
Strengthen
Band raise, thumbs up, 3 sets of 10–15

03
Stabilize
Ball on the wall alphabet, 2–3 rounds

Sets and reps for exercises 1 and 2 are from Armin's video description; the alphabet rounds and doing it once a day are suggestions. Start only once a new or traumatic subluxation has been assessed.

Stop the exercise if you notice

- Your shoulder feeling like it's slipping out, or a painful clunk
- Sharp pain that gets worse as you go
- Numbness, tingling or weakness in your arm

If an exercise keeps causing these, stop it and get assessed.

SAFETY FIRST

Get checked right away if you have

- Shoulder pain after a **fall or accident**, especially if the shoulder **looks out of place**
- **Chest pain, shortness of breath**, sweating, or pain spreading to your **jaw or arm**
- Suddenly **can't lift your arm** at all, or major weakness that came on quickly
- A shoulder that is **hot, red and swollen**, or shoulder pain with a **fever**
- **Numbness, tingling or weakness** spreading down your arm
- **Constant pain at night** that doesn't ease with rest, or **unexplained weight loss**

Call 911 for chest pain or trouble breathing. For the others, see a doctor right away or go to the nearest emergency department. If your shoulder isn't improving after a few weeks, **book an assessment**.

FREE · STAY IN THE LOOP

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NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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