


Orthopaedic and Sports Injuries Services "OASIS"

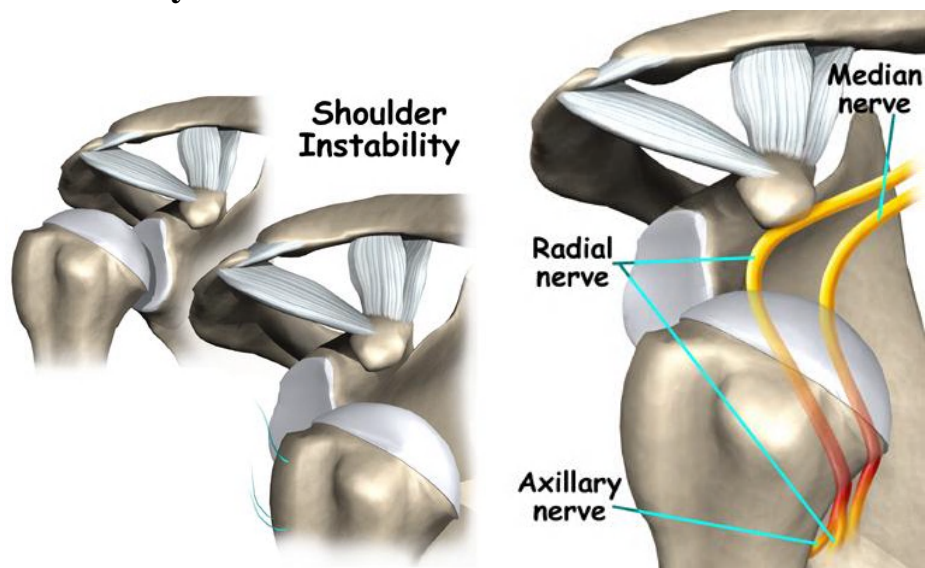
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Consultant Trauma & Orthopaedic Surgeon

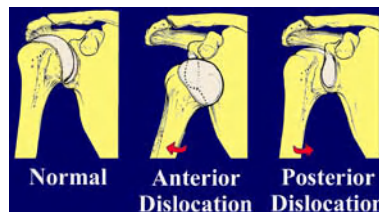
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Instability



A dislocation occurs when the shoulder ball and socket joint is twisted apart. Usually the head of the humerus dislocates forwards but it can dislocate in other directions.



A subluxation occurs if the head only partially slips out and then slips back in. Shoulder instability develops in two different ways: traumatic onset (related to a sudden injury) or atraumatic onset (not related to a sudden injury). Understanding the differences is essential in choosing the best course of treatment. As a rule, the patient with atraumatic onset instability has general laxity (looseness) in the joint that

Gentle range of movement exercises are started from 3 weeks. At six weeks, active movement against resistance is started. More athletic activities can restart after 3 months.

**If you are interested in making an appointment to discuss a treatment,
Please call us on telephone 01215807406**

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