

Prevention or Treatment of Medial Shoulder Hypermobility Syndrome

This protocol can be used following an injury to the inside components of the shoulder or following surgery subsequent to an injury in this region. The advanced components of this program may also serve as a protocol to help prevent injuries to the medial shoulder in athletic dogs.

Pain Management: Your rehab therapist / practitioner will establish if your dog has pain associated with his/her shoulder injury. If so, then therapies such as TENS, electrical muscle stimulation, microcurrent, acupuncture, laser, or ultrasound may be prescribed – especially before exercise. If there is pain and your practitioner has prescribed home exercises, then hot or cold could be used for 5 minutes before exercising.

Tissue Healing: Modalities such as laser, shockwave, ultrasound, pulsed electromagnetic field, or acupuncture may be employed by your rehab therapist / practitioner. As well, manual therapies, such as mobilizations, massage, or stretching may be done in clinic to help with healing of the ligaments, tendons, muscles, and/or cartilage on the inside of the shoulder joint.

MANUAL THERAPIES

Shoulder joint ‘wobbles’: Grasp the ball of the shoulder joint and wiggle it from side to side (lift up, push down, and repeat for 30 seconds to a minute).

Shoulder joint extension mobilizations: Straighten the elbow and use it to extend the arm forwards. With your other hand push on the front of the shoulder (the point of the shoulder / the ball of the shoulder joint). Repeat the pushes for 30 seconds to a minute.



Shoulder Joint Compressions: Bend the shoulder, and cup the upper arm with one hand (near the shoulder joint) and place the other hand on the top of the shoulder blade. Press the two bones together in slow compressions. Repeat 10 – 20 times.



Shoulder Joint Distraction: Hold the boney end of the shoulder blade with your fingertips, and with your other hand pull downwards on the limb by grasping the boney area just above the elbow. Pull the two bones apart in slow oscillations. Repeat 10 – 20 times.



Shoulder Flexion stretch: Bend your dog's elbow and guide it back and up towards the spine so as to flex the shoulder. Hold 20 – 30 seconds. Repeat 2 – 3 times.



Biceps stretch: Straighten your dog's elbow and then direct the leg backwards so it is parallel with the dog's body. Hold 20 – 30 seconds. Repeat 2 – 3 times.



Shoulder Extension stretch: Grasp your dog's elbow and direct the whole arm forwards towards the nose. Hold 20 – 30 seconds. Repeat 2 – 3 times.



Scapular Glides: Stretch the muscles that attach to the shoulder blade (scapula) by both 1) pushing the shoulder blade down and back (i.e. towards the rear toes), and 2) forwards and down. Hold each stretch for 30 seconds. Repeat 2 or 3 times.



Massage & Stretch the muscles along the side of the neck. Massage for 5 - 10 minutes. Stretch for 30 seconds. Repeat 2 – 3 times.



Scalenes stretch (these are muscles that attach the ribs to the neck. They can become tight when dog is lame from a shoulder injury.) Place one hand on the front of the shoulder and the other hand to guide the dog's head up and over in the opposite direction (sort of like shoulder-checking). Hold 20 – 30 seconds. Repeat 2 – 3 times.



Intercostal Massage: Slowly run your fingertips down the muscles between each rib. Don't forget the ones under your dog's forelimb (in his/her armpit!) Massage each intercostal muscle twice.

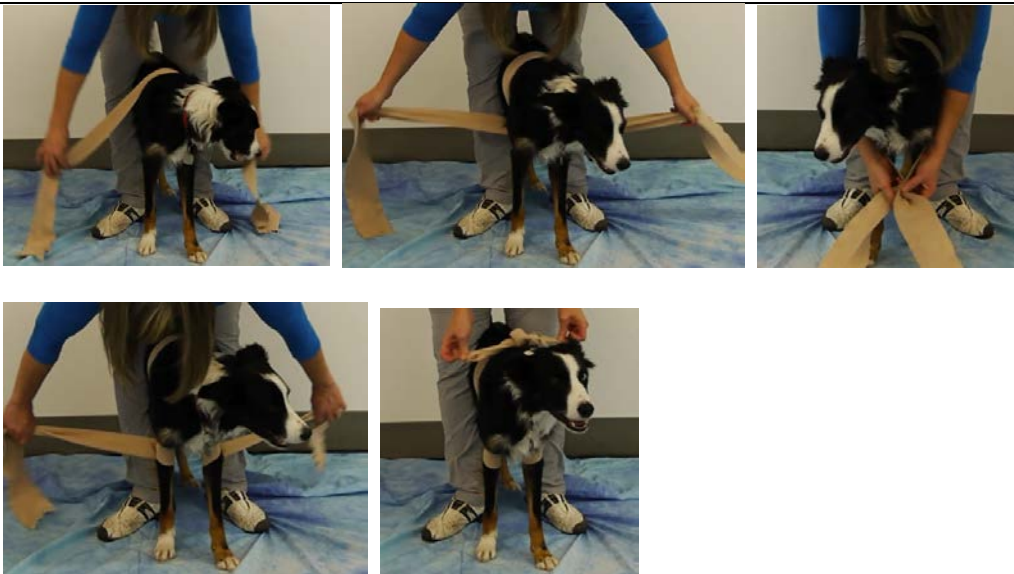


THERAPEUTIC EXERCISES

Leash walks: Reduce your time and distance when going for a walk. Leash walk only. Your dog should not come home significantly 'more lame' than how he/she started the walk, and should not be sore that evening or the next day. Start by going for a walk that is half the time or distance and gradually build up or down from there.

Disallow free play with housemates, where play has the potential to become rough or fast paced. No ball throwing. No running. No 'burst activity'. No jumping. Crate or separate if unsupervised.

Bandage the front legs to help support the shoulders when going out for a walk. Using an elastic bandage, start by laying the bandage over the dog's shoulders with both ends draped to each side. Then cross the ends under the chest and loop each front leg from outside and going forwards to inside and going backwards. Do not cross the ends again, just pull them out to the sides behind each leg and to the side of the chest. Tie the ends up over the dog's back. Use the bandage when going for walks or when supervised in the house or yard.



Three-Leg stands: Start with your dog standing squarely on all four legs. Slowly lift the unaffected front leg off the ground. Hold 10 – 30 seconds, replace & repeat 3 – 5 times.

___ On a stable surface



___ On an unstable surface



Three-Leg stands with theraband pulls: Start with your dog standing squarely on all four legs. Loop a piece of theraband around the affected limb (high up near the shoulder). Slowly lift the unaffected front leg off the ground and pull on the theraband looped around the affected standing limb. Hold 10 – 30 seconds, replace & repeat 3 – 5 times.

On a stable surface



On an unstable surface



Front elevated



Rear elevated



Three-Leg stands with theraband pulls: Start with our dog standing squarely on all four legs. Loop a piece of theraband around the affected limb (high up near the shoulder). Slowly lift a rear leg off the ground and pull on the theraband looped around the affected standing limb. Hold 10 – 30 seconds, replace & repeat 3 – 5 times.



Diagonal Leg stands: Start with our dog standing squarely on all four legs. Slowly lift one front leg off the ground, allow your dog to balance. Then lift the opposite rear leg off the ground. Balance for 5 - 10 seconds. Replace & repeat.



Three-Leg stands with exaggerated leg lifting (abduction): Start with your dog standing squarely on all four legs. Slowly lift the unaffected front leg off the ground and further up and out to the side. Hold 10 – 30 seconds, replace & repeat 3 – 5 times.

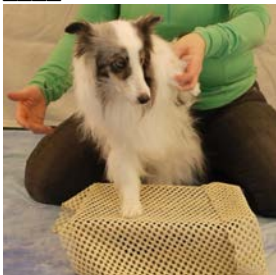
___ On a stable surface



___ On an unstable surface



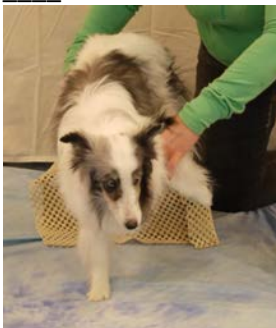
___ Front elevated on a stable surface



___ Front elevated on an unstable surface



___ Rear elevated on a stable surface



___ Rear elevated on a stable surface



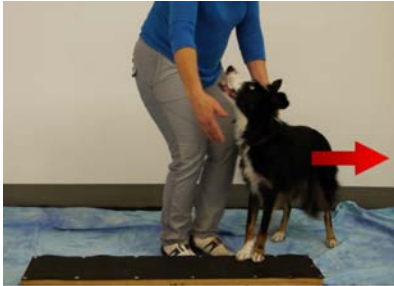
___ In a plank



Side Stepping: Lure your dog with food to move sideways. Walk towards or gently into the side of the dog to encourage the him/her to step away from you.

___ On a flat surface

___ With forelimbs elevated



___ With rear limbs elevated



___ With theraband resistance (both directions)



Push Ups: Set your dog up so his/her rear legs are higher than the front legs (or stop him/her while going down stairs). Then lure your dog downwards to take a treat on the floor (and bend the shoulders and elbows). Repeat 5 - 10 times.



Active shoulder extension: Set your dog up so his/her rear legs are higher than the front legs (or stop him/her while going down stairs). Then lure your dog to take a treat from between his/her elbows. You can push on the withers to help get the desired shoulder movement. Repeat 5 – 10 times



Tug of War: Encourage your dog to tug on a toy. Moving forwards and backwards is best, but some side to side movement is permitted. (Play for 1 – 2 minutes)



Jumping Over and Obstacle: Encourage your dog to jump over an obstacle / jump. Start with a low height and increase as tolerated. (Allow ____# of jumps)



RETURN TO SPORTING ACTIVITIES

____ Short Retrieves

____ Long Retrieves

____ Weave poles

____ Other (list)

____ Trial Sport Specific Activities (list)