

Central Nervous System Injury

the rehabilitation of shoulder subluxation

李晓梅
王立银
拉巴玉珍



list

01 Introduction

02 Rehabilitation

03 Prevention

1.1 Introduction

Refers to the mechanical changes of the glenohumeral joint, shoulder joint humeral head descending from the glenoid cavity, leading to the gap between the acromion and the humeral head which can touch the gap.

1.2 Symptom

- **Pain**
- **limitation of activity**
- **hand-shoulder syndrome**
- **acromion sunken or touch the gap**
- **Winged shoulder**

1.3 Pathogenesis

- **decreased muscle strength**
- **gravity effect**
- **muscle disfunction**
- **improper nursing**



The Rehabilitation of the GHS



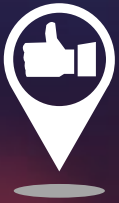
The exercise therapy of the GHS



Rehabilitation nursing in early stage—Supporting treatment

Good limb position

The use of the shoulder sling



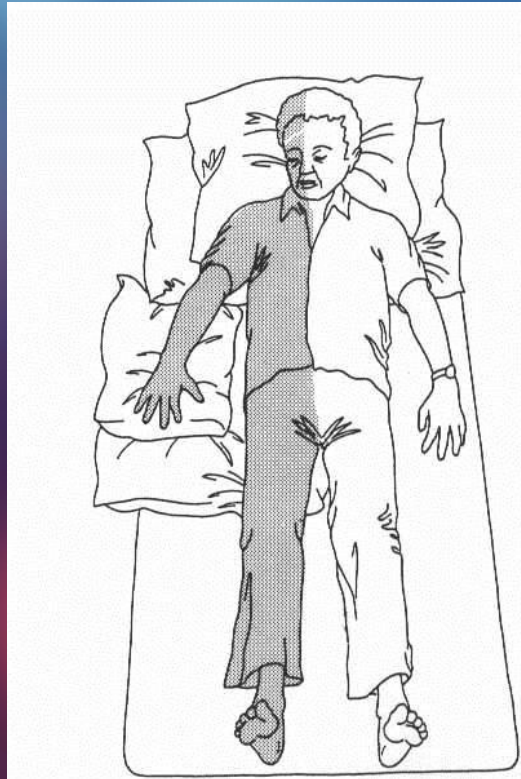
PNF technique



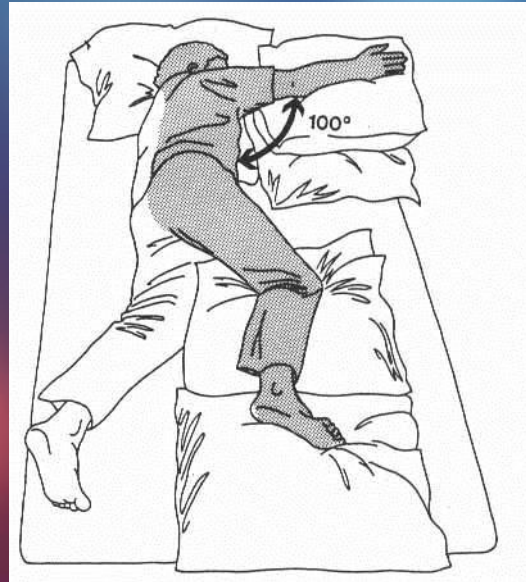
Bobath technology



Supporting treatment—good limb position



Dorsal position



lie with the
healthy side



lie with the
affected side



Supporting treatment—The use of the shoulder sling



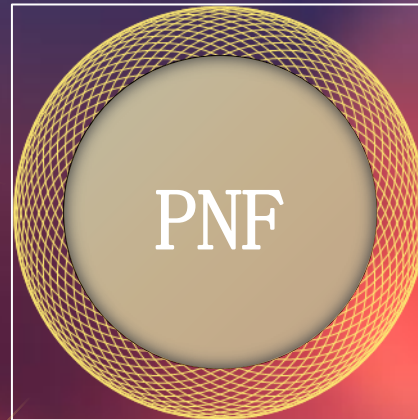


PNF technique

The scapular elevation and forward mode

The scapular depression and backward mode

The scapular depression and forward mode



The trunk elevation pattern

Upper limb D2 flexor pattern

The scapular elevation and backward mode



Bobath technology

Passive stretching:



Active assisted stretching





Bobath technology

Seat active stretching:



The stretching of the trunk muscle



Physical agents therapy

Medication

Soft tissue taping technique

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acupuncture





**Low frequency
stimulation**



**Physical agents
therapy**



**Modulated medium
frequency electrical
stimulation**



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[2]Paci M, Nannetti L, Rinaldi LA. Shoulder subluxation in hemiplegia[J]. Journal of Rehabilitation Research and Development, 2005, 42(6): 557—568.



Soft tissue taping technique

- The patient was sitting, shoulder abduction with elbow flexion 45 degrees, 90 degrees, about scapular level, with "I" shape affixed to promote muscle contraction, leading shoulder lift, external rotation, increasing sensory input

Motor imagery
therapy

Occupational
therapy

Others

Upper limb loading
vibration technique

Rood
technique

3.Prevention

- ② Patient and family propaganda
- ② Keep the correct position
- ② Corrected scapula position
- ② To guide the active and passive movement
- ② Shoulder sling

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THANK

YOU