

# DMO shoulder orthosis

The painful subluxed shoulder is a notoriously difficult clinical problem to manage across a variety of patient groups. A number of treatment strategies have been proposed which generally have mixed success. Bespoke Dynamic Elastomeric Fabric Orthosis (DEFOs) represent an emerging treatment strategy for movement and postural control problems. Their use in the management of the painful subluxed shoulder has not however been previously documented.

The case report provides a brief account of a young man with a painful subluxed shoulder as a result of a manual injury. At the end of the initial period of conservative management, the clinical problem had worsened, hindering the prospects for further active rehabilitation. A DEFO was prescribed for this client to provide physical support and facilitate physical activity.

Ref: Dynamic Lycra® orthoses treatment for shoulder instability

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clinical information and case studies