



## SHOULDER ARTHROSCOPIC MULTI-DIRECTIONAL INSTABILITY POST-SURGICAL PROTOCOL

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### **MULTIDIRECTIONAL SHOULDER INSTABILITY—General Guidelines**

<b>1 – 4 Weeks</b>	<b>Arm held in brace, slightly abducted Neutral rotation Gentle isometric exercises,pendulum exercises Hand, wrist, Elbow ROMs May remove sling for exercises, showering and dressing</b>
<b>4-12 Weeks</b>	<b>D/C Brace, advanced Physical therapy</b>
<b>12 Weeks</b>	<b>Progressive strengthening</b>
<b>9 – 12 Months</b>	<b>Contact sports</b>

### **PHASE 1: 0-4 WEEKS**

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**This portion of rehab involves only Passive ROM—no active ROM. This relative immobilization period is critical for the healing of the soft tissues and promoting a shoulder without instability. Remain in the sling at all times except with exercises and hygiene.**

<b>10 Days – 2 Weeks</b>	<b>ROM goals--Ext. rotation to 10°, forward elevation 90° Gentle isometric exercising and ROM of the hand, wrist and elbow</b>
<b>2 – 4 Weeks</b>	<b>ROM goals--Ext. rotation to 30°, forward elevation 140° Isometric strengthening and ROM of the hand, wrist and elbow</b>

## **PHASE 2: 4-12 WEEKS**

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The goals by the end of the 2<sup>nd</sup> phase of the rehab process is restore ROM of the shoulder (both active and passive) within the limits of external rotation as determined by Dr. Herrera. The main objective is to regain motion over several months because progressing too quickly may lead to recurrent instability.

<b>4 – 6 Weeks</b>	<b>Ext. rotation to 30°, forward elevation 130° by the 6<sup>th</sup> week Resistance exercises begun AROM against gravity is initiated No IR or ER resistance exercises Periscapular isometrics May discontinue Sling</b>
<b>6-8 Weeks</b>	<b>Ext. rotation to 45°, forward elevation 160° by the 8<sup>th</sup> week Resistance exercises May begin IR/ER exercises against gravity Periscapular isometrics</b>
<b>8-12 Weeks</b>	<b>Ext. rotation – increase gradually from 45° with full forward elevation May start mobilizing into ER with the arm abducted Strengthening begins during this phase with arm in neutral below 90°; focus on the RTC musculature Continue Periscapular isometrics</b>

## **PHASE 3: 3-6 MONTHS**

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This phase is the functional phase of the protocol. We are trying to achieve aggressive strengthening exercises for the shoulder and scapular muscles. We will progress to functional activities needed for ADL's and sports. Functional progression is stressed during this phase.

- **Plyometric program**
- **More aggressive strengthening program with high load, low repetition as tolerated.**
- **Overhead lifting/traction as tolerated at 4 months**
- **Exercises:**
  - **No push-ups, pull-ups until 4 months post-op**
  - **Throwing-Started between 4-6 months as determined by Dr. Herrera**
- **Return to sports at 4-6 months as determined by Dr. Herrera**

## **PHASE 4: >6 MONTHS**

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**Return to contact sports**