

Protocol for:

- **Multidirectional Instability**

Wear Sling for 8 weeks

- No rehab for 4 weeks

**Return to Activities:**

•Computer •Eating •Holding a book •Typing •Writing	Immediately
• Recreational Sports	3 – 6 Months
• Contact Sports	6 Months

**Rehab:**

Phase I (Passive ROM)	Weeks 4 – 8	<ul style="list-style-type: none"> <li>• Passive ROM           <ul style="list-style-type: none"> <li>• Supine ER – 30 degrees</li> <li>• Supine FF – Full in Scapular Plane</li> <li>• IR to Belt line</li> </ul> </li> </ul>
Phase II (Active/Assistive)	Weeks 9 - 12	<ul style="list-style-type: none"> <li>• No Pendulums or Terminal Stretch!!</li> <li>• Active Assistive ROM:           <ul style="list-style-type: none"> <li>○ Supine → Seated FF - Full</li> <li>○ Supine → Seated ER - Full</li> <li>○ IR – Full</li> </ul> </li> <li>* Gradually increase all 3 in the active program</li> </ul>
Phase III (Resisted)	Weeks 13 - 15	<ul style="list-style-type: none"> <li>• Continue Phase II</li> <li>• Begin resisted exercises           <ul style="list-style-type: none"> <li>○ Terminal stretch and pendulums only when indicated (if shoulder is <b>very stiff</b>)</li> </ul> </li> <li>• ER and IR</li> <li>• Standing Forward Punch</li> <li>• Seated Rows</li> <li>• Bicep Curls</li> <li>• Bear Hugs</li> <li>• Shoulder Shrugs</li> </ul>
Weight Training	Week 15	<ul style="list-style-type: none"> <li>• Avoid Anterior &amp; Posterior Capsular Stress!!</li> <li>• Keep hands within eyesight, Keep elbows bent</li> <li>• Minimize overhead activities</li> <li>• No military press, pull downs behind back, or wide grip bench press</li> </ul>

*ROM – Range of Motion*

*ER – External Rotation*

*FF – Forward Flexion*

*IR – Internal Rotation*

*PRE's – Progressive Resistance Exercises*