Patient: ___________________________  Date of Surgery: __________

Arthroscopic Multidirectional Instability Protocol

*****Ultra-sling to be worn at all times x 6 wks & No active biceps x 6 wks*****

PHASE 1 (0-2 weeks):

A. Aerobic
Stationary bike x 30 min
Easy walking on level surface x 30 mins

B. Range of Motion
Passive Codman exercises at least 3 times a day x 5-10 mins only
** note external and internal rotation limitations

C. Strength
Wrist and grip only
No active elbow flexion or supination x 6 wks

D. Modalities
Ice & ice x 20 mins

****Goal****
Decreased pain and inflammation

PHASE 2 (2-4 weeks):

A. Aerobic
Stationary bike

B. Range of motion
Passive forward flexion to 90, scapular plane 90, abduction 90, Passive external rotation to 30 degrees, internal rotation 20 @ 30 degree
Abduction

C. Strength
Start gentle isometric exercises for forward flexion, abduction, external rotation, NO internal rotation
Wrist and elbow grip

****Goal****
Passive ROM to limits
PHASE 3 (4-6 weeks):
   A. *Aerobic*
      Stationary bike
      Easy incline walking
   
   B. *Range of Motion*
      Passive ROM FF-120, SC-120, ABD-120,
      *** avoid terminal external and internal rotation x 8 wks total****
   
   C. *Strength*
      Start scapula stabilization
      Isometrics up to 90 degrees
      
      ****Goal****
      Full passive ROM

PHASE 4 (6-12 weeks):
   A. *Aerobic*
      May start elliptical, treadmill at incline and progress to walk run x 30 mins
   
   B. *Range of Motion*
      Progress to active assisted to active range of motion
      ****avoid terminal external and internal rotation x 8 wks total****
   
   C. *Strength*
      Start progressive therabands exercises in various planes
      Progress PRE rotator cuff
      Start scapula stabilization
      
      ****Goal****
      Full functional range of motion
      Normal scapulothoracic motion

PHASE 5 (12-16 wks):
   A. *Aerobic*
      Treadmill, light jog, stationary bike, stair master
   
   B. *Range of Motion*
      Progress to full
   
   C. *Strength*
      Progress therabands at multiple planes to include diagonal
      Push-up progression
      Ball passes, ball on wall and body blade
      
      ****Goal****
      Full ROM
      Restore strength
PHASE 6 (>16 wks):

A. Aerobic
Rowing
Start swimming
Progress to running

B. Range of Motion
Full

C. Strength
Start progress throwing (short to long)
Military press
Lat pull downs

****Goal****
Full range of motion
Full strength
Ability to perform pushups, pull-ups, swim and throw

PHASE 6 (cont’d):

A. Aerobic
Continue progression to running on treadmill
Rowing machine
Versiclimber

B. Range of Motion
Continue to full ROM

C. Strength
Begin throwing/gym program
Sport specific exercises

****Goal****
Full range of motion
Full strength
Able to perform pushup, pull-up and run
Able to return to sports

REVISED 08/05/09