

MULTIDIRECTIONAL INSTABILITY POST-STABILIZATION REHABILITATION PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 6 weeks	0-6 weeks: None	Immobilized at all times (except for exercise) in flexion, abduction, and 0° of rotation	0-6 weeks: elbow/wrist ROM, grip strengthening
PHASE II 6 - 12 weeks	Begin active/active-assistive ROM - passive ROM to tolerance - ROM Goals: 40° external rotation, 140° of flexion, 45° of abduction	Sling worn for comfort only and at night	Continue with exercises in phase I, begin active-assistive exercises, deltoid/rotator cuff isometrics - at 8 weeks: begin resistive exercises* for scapular stabilizers, biceps, triceps, and rotator cuff No stretching or manipulation
PHASE III 3 - 6 months	Gradual return to full active ROM	None	Advance activities in phase II, emphasize external rotation and latissimus eccentrics and glenohumeral stabilization, begin muscle endurance activities (upper body ergometer) Sport specific rehab at 4 1/2 months Return to throwing at 6 months No collision sports for 12 months

*Utilize exercise arcs that protect the posterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in this phase

**Limited return to sports activities

