



# ARTHROSCOPIC MULTIDIRECTIONAL SHOULDER INSTABILITY REPAIR REHABILITATION PROTOCOL

## GENERAL CONSIDERATIONS

- Evaluate overall laxity of patient's joints
- Avoid stressing suture line during early healing. General rule is no stress for 6 weeks, progress stress after 6 weeks.
- Modify strengthening exercise positions to protect the capsular repair site.

## POST-OP DAYS 1 - 14

- Sling with external rotation brace x 6 weeks - Even while sleeping
- Maintain shoulder in neutral rotation, not IR
- Place pillow under shoulder / arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side
- Supported pendulum exercises
- Shoulder shrugs / scapular retraction without resistance
- Ice pack

## GOALS

- Pain control
- Protection

## WEEKS 2 - 6

- Continue sling x 6 weeks
- Continue appropriate previous exercises
- Full pendulum exercises
- Submaximal isometrics x 6 (pain-free)
- UBE - Forwards and backwards at low resistance - **4 WEEKS**
- Resisted elbow / wrist exercises (light dumbbell)
- Active assisted motion (AAROM) supine with wand
  - Flexion to 90 degrees
  - Abduction to 45 degrees
  - ER to 25 degrees
  - NO IR x 6 weeks
- 1-2 Finger Isometrics x 6 (fist in box)
- Stationary bike (must wear sling)

## GOAL

- AAROM Flexion to 90 degrees, Abduction 45 degrees
- 3/5 MMT deltoid + rotator cuff

### **WEEKS 6 - 12**

- D/C Sling Continue appropriate previous exercises
- AAROM (wand, wall climb, pulleys, doorway stretch) through full range
- PROM / mobilization as needed to regain full ROM
- AROM through full range
- Rotator cuff strengthening with light Theraband
- ER and IR with arm at side and pillow or towel roll under arm
- Flexion to 90 degrees
- Abduction to 90 degrees
- Scaption to 90 degrees
- Extension to 45 degrees
- Prone scapular retraction exercises with light weight
- Standing rows with Theraband
- Push-up progression - Wall to table (no elbow flexion > 90 degrees)
- Body Blade
- Ball on wall (arcs, alphabet)
- Seated row with light resistance
- BAPS on hands
- Ball toss with arm at side
- Treadmill - Walking to running progression program
- Elliptical trainer / Stairmaster
- Pool walking / running - No UE resistive exercises

### **GOALS**

- Full AROM
- Normal rotator cuff strength
  - • 30 wall push-ups progressing to 30 table push-ups

### **MONTHS 3 - 4**

- Continue appropriate previous exercises
- Fitter on hands
- Ball toss overhead
- Push-up progression - Table to chair (no elbow flexion > 90 degrees)
- Weight training with light resistance
- No elbow flexion > 90 degrees with bench, dips, etc.

### **GOALS**

- Run 2 miles at easy pace

- 30 chair push-ups

#### **MONTHS 4 - 6**

- Continue appropriate previous exercises
- Push-ups, regular - No elbow flexion > 90 degrees
- Sit-ups
- Swimming
- Running progression to track
- Progressive weight training - No elbow flexion > 90 degrees
- Transition to home / gym program

#### **GOAL**

- Resume all activities

- ***\*NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP\****