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*