

## **Multi-Directional Instability Protocol** (post op multi-directional reconstruction)

### **Phase I: (0 TO 4-6 weeks)**

#### **Goals:**

Protect surgery  
Decrease pain and inflammation  
Initiate safe ROM while protecting anterior/posterior capsule  
Patient education

#### **Plan:**

PROM limited to 90° of flexion and abduction. DO NOT STRESS OR FORCE INTERNAL AND EXTERNAL ROTATION.

\*\*Check with physician on rotation limitations\*\*

Elbow and wrist ROM  
Modalities PRN  
Pendulum and scapular activities  
Light resisted activity to wrist

### **Phase II (4-6 weeks to 8-10 weeks)**

#### **Goals:**

Decrease pain and inflammation  
Achieve 50-80% of full ROM of flexion; extension; and IR at end of phase  
\*\*\*This DOES NOT include abduction with ER; horizontal adduction with IR

#### **Plan:**

Begin increasing forward elevation (flexion in scapular plane) beyond 90°  
Joint mobilization: avoid aggressive mobs/avoid inferior, anterior and posterior directions.

Use caution when performing passive range of motion into abduction with external rotation and internal rotation so as not to stress the healing capsule.

Isometric activity – all direction

Scapular PNF

AAROM

Aquatic Therapy

Gentle rotator cuff strengthening (ER to neutral)

\*\*Check with physician on rotation limitations\*\*

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### **Phase III (8-10 weeks to 16-24 weeks)**

#### **Goals:**

Near full ROM: EXCEPT ABDUCTION with EXTERNAL ROTATION and  
HORIZONTAL ADDUCTION with INTERNAL ROTATION

Good scapulo-humeral rhythm

80-90% strength

#### **Plan:**

PROM (full range; ER near full-range):

\*\*NO FORCE IN ABDUCTION with EXTERNAL ROTATION

\*\*NO FORCE IN ADDUCTION with INTERNAL ROTATION

Joint mobilization

Progressive scapular strengthening

Progressive rotator cuff strengthening

Begin machine weighted exercise

Gentle PNF, eccentric cuff strengthening

Biodex training if requested by M.D.

### **Phase IV (>24 weeks)**

#### **Goals:**

Maximum ROM

Increase strength

Return patient to sport/activity

#### **Plan:**

Continue with progressive resistive exercises

Continue with machine weighted program

Sport Specific Training