

**CANTON-POTSDAM
HOSPITAL**

CARING BEYOND MEDICINE

Department of Physical Rehabilitation

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ANTERIOR OR MULTIDIRECTIONAL SHOULDER INSTABILITY

Precautions: There are multiple procedures that can be done to reinforce the shoulder and reduce the instability. The therapist should discuss each individual case with the physician. The procedure must be thoroughly understood because this knowledge will guide the treatment progression.

Maximum Protection

Weeks 0-3

- Beginning Day 2-3
- Ice packs TID
- Sling is used for comfort and protection and removed for pendulum
- **Exercises:**
 - a. Submaximal isometrics
 - b. Elbow, wrist and hand ROM
 - c. Shoulder shrugs
 - d. Scapular retraction
 - e. Neck AROM

* No elbow extension or active flexion after a Bristow procedure*

Controlled Motion (Moderate Protection)

Weeks 4-6

- Ice packs or ice massage TID
- **Exercises:** submaximal isometrics
- Begin internal/external rotation with elbow at your side (except Bristow/Latarjet)
- Sling discontinued at week 4-6 per MD approval
- Begin AAROM (pulleys, finger ladder, wall climb)
- Shoulder flexion with opposite arm assisting (supine)
- Reach to opposite shoulder and around your back

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Dynamic Strengthening

Weeks 7-12

- **Exercises:** Progress to AROM
- Continue with ROM exercise – more AAROM with wand, wall etc.
- Also free AROM all directions to regain full functional ROM (procedure dependent)
- Strengthening – add theraband, rubber tubing, free weights, PNF patterns as patient regains movement
- **Goal:** Full functional ROM and strength at 80% to start return to activity

Light Activity

Weeks 13-16

- Function evaluation – discharge non-athletic patient
- Emphasize strengthening – include more weights, medicine ball (rebounder)
- Criteria to return to activity:
 - Full functional ROM
 - Strength at 80% of normal

Return to Activity

Weeks 14 - 6 months

- **Exercises:** begin push-up program
- Begin sport specific program: golf, tennis (racquet sports), throwing
- Begin work related activity program
 - Assess upper extremity strength (functional) OT