

Non-Operative Anterior Instability Protocol (Chronic Instability)

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- A. Phase I – Symptom reduction (1-2 weeks)
 - 1. This phase necessary if starting rehab after an acute episode of instability
 - 2. Sling may be used for 10-14 days to rest
 - 3. Frequent cryotherapy and modalities as indicated
 - 4. Exercise: P/AA/AROM as tolerated

- B. Phase II – Progressive strengthening (2-6 weeks)
 - 1. Continue cryotherapy and modalities as indicated
 - 2. Exercise
 - a. Progressive RC, shoulder, and scapulo-thoracic strengthening
 - b. OKC and CKC exercises
 - c. Progressive high level stabilization and proprioceptive work
 - d. Avoid uncontrolled loading of anterior glenohumeral joint or creating anterior shear

- C. Phase III – Sport specific training (6-12 weeks)
 - 1. Continue progressive strength exercise from phase III
 - 2. Sport specific activities
 - 3. Interval programs (i.e. throwing)

- D. Phase IV – Return to sport (12-16 weeks)
 - 1. Criteria to return to sport
 - a. Full, pain free ROM
 - b. Excellent, pain free strength in all planes
 - c. No apprehension in functional movements or special testing
 - d. Physician cleared