

Non-Operative Multi-Directional Instability Protocol

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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
 - Light, progressive strengthening and stabilization work

- B. Phase II – Progressive strengthening (2-6 weeks)
 - 1. Continue cryotherapy and modalities as indicated
 - 2. Exercise
 - Progressive RC, shoulder, and scapulothoracic strengthening
 - OKC and CKC exercises
 - Progressive high level stabilization and proprioceptive work
 - Avoid uncontrolled loading of glenohumeral joint as to cause any subluxation during exercise

- 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
 - c. Physician cleared