

Multi Directional Instability Protocol

- Sling/Brace for 8 weeks Program may vary depending on surgery
- Anterior Inferior: Brace Forward
- Posterior Inferior: Brace slight external rotation

Phase I – Active (Weeks 0 to 11): No pendulums or terminal stretch

Weeks 0 to 8:

- Sling for 2 weeks after brace
- Active range of motion to prescribed limits
- Isometrics

Week 9 to 11:

- Supine→Seated External Rotation – Full
- Supine→Seated Forward Elevation – Full
- Internal Rotation – Full
- Gradually increase all three in the active program.
- Ant. Inferior: Forward elevation in frontal plane.
- Post. Inferior: Forward elevation in plane of the scapula.

Phase II – Resisted (Weeks 12 to 15): Continue phase 1- Begin resisted (terminal stretch and pendulums when indicated)

- External and Internal Rotation
- Standing forward punch
- Seated rows
- Shoulder Shrugs

Phase IV – Weight Training (Week 16):

- Avoid anterior and posterior capsular stress.
- Avoid heavy weighted distraction.
- Keep hands within eyesight, Keep elbows bent.
- Minimize overhead activities.
- No Military press, pulldown behind head, or wide grip bench
- Anterior Inferior stabilization to avoid stress at 90/90 degrees position. Use narrow grip with bar exercises
- Posterior Inferior stabilization to avoid cross body stress Use medium to wide grip.

Return to Activities:

- Recreational Sports: 6 months
- Swimming: 6 months
- Contact sports: 8 months