
Multi Directional Instability

Name: _____ Date: ____ / ____ / ____

- Sling/brace for eight weeks
- Program may vary depending on surgery
- **Anterior Inferior:** Brace forward
- **Posterior Inferior:** Brace slight external rotation

Phase I: Active (Weeks 9 to 11)

- No pendulums or terminal stretch
- Sling for two weeks after brace
- Active range of motion to prescribed limits
- Isometrics
- Supine → seated external rotation – full
- Supine → seated forward elevation – full
- Internal rotation – full
- Gradually increase all three in the active program
- **Anterior Inferior:** Forward elevation in frontal plane
- **Posterior Inferior:** Forward elevation in plane of the scapula

Phase II: Restricted (Weeks 12 to 15)

- Continue Phase I – Begin resisted (terminal stretch and pendulums when indicated, eg. if shoulder is **very** stiff)
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs

Weight Training (Week 16)

- Avoid anterior and posterior capsular stress
- Avoid heavy weighted distraction
- Keep hands within eyesight and keep elbows bent
- Minimize overhead activities
- **No** military press, pull-down behind head or wide grip bench
 - Anterior inferior stabilization to avoid stress at 90/90 degree position
 - Use narrow grip with bar exercises
 - Posterior inferior stabilization – avoid cross body stress
 - Use medium to wide grip

Return to Activities

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

