



## Rehabilitation Protocol Multidirectional Instability Reconstruction

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### PHASE I: PROTECT REPAIR

*(0 to 6 weeks)*

- Patients may shower post-op day #2.
- Sutures will be removed by surgeon in 7 to 10 days.
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be in place when not performing exercises.
- May start active scapular mobility exercises at 4 weeks
  - Must keep the shoulder musculature relaxed.
- Strict ROM restrictions
- Initiate exercise program 3 times per day:
  - Immediate elbow, forearm and hand range of motion out of sling
  - Pendulum exercises at 4 weeks
  - Passive and active assistive ER at the side to 30, flexion and scapular plane elevation to 90 only at 4 weeks
  - Emphasize home program (instruct family member with ROM)

### PHASE II: PROGRESS ROM & PROTECT REPAIR

*(6 to 12 weeks)*

- May discontinue sling.
- Lifting restriction of 5 pounds with the involved extremity.
- Initiate gentle rotator cuff strengthening.
- Initiate scapular stabilizer strengthening.
- Avoid ROM above stated limits.
- Advance active and passive ROM:
  - ER at the side and flexion to tolerance
  - Scapular plane elevation to 130
  - IR and extension to tolerance

### PHASE III: FULL FUNCTION

*(>3 months)*

- Begin combined abduction with ER and IR ROM and advance capsular mobility (gently).
- Discontinue lifting restrictions.
- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 4 months.