

Physical/Occupational Therapy Prescription - MULTIDIRECTIONAL SHOULDER INSTABILITY

Instructions:

- Muscles to focus upon: *Rhomboids, Trapezius, Levator, and deltoid*.
- Phase I:
 - o Goals: Initiate voluntary control of scapula and humeral head position in 0° of abduction
 - o Voluntary control of the humeral head and scapula in 0° to 45° of abduction
 - o Suggested exercises:
 - Scapular upward rotation, *1-3x 20 reps/5 sec holds/2xday*
 - If unable to perform 5 reps do side-lying UR
 - 0° abd if patient experiences supraspinatus pain
- Phase II:
 - o Goals: Improve strength of the posterior musculature involved in flexion
 - o Suggested exercises:
 - Scapular upward rotation standing, *1-3x 20reps/ 1-2xday*
 - External rotation with Thera band (do side lying if necessary)
 - Bent over row progress from *0.5kg to 2 kg*. Keep in neutral extension
 - Extension row with Thera band at 45° of abduction. Keep in neutral extension
- Phase III:
 - o Goals: Achieve scapular control in the sagittal plane
 - o Achieve motion in scapular plane to 45° elevation and sagittal plane to 4° elevation
 - Scapular upward rotation standing, work from coronal to sagittal plane *1-3x20 reps/ 2xday/ progress form 0-2kg*
 - 0- 45 flexion in the scapular plane *1-3x20 reps/ 2xday*
 - **During flexion palpate the HH to determine unwanted HH post translation. If the patient is unable to maintain scapular or humeral head control regress back to stage II strengthening.
- Phase IV:
 - o Goals: Achieve scapular control at 90° abduction
 - o Achieve scapular control through 0° to 90° motion in abduction.
 - External rotation standing from 45° to 90° abduction *1-3x20reps/ 2xdaily*
 - External rotation drills at 90°
 - Internal rotation drills at 90°
 - Flexion to 90°
 - External row standing, at 90°
 - Perform all the above *1-3x20 reps/ 2xday/ progress in weight resistance*.
- Phase V:
 - o Goals: Strengthen anterior, middle and posterior deltoid.
 - Posterior: bent over row from 0° to 45° to 90° abduction

- Anterior: flexion with Thera Band (sitting/standing) short lever flexion with weight 1-3x8-20reps/ 0-4kg
- **perform posterior deltoid drills then progress to anterior deltoid and then to middle deltoid.
- Phase VI:
 - o Goals: Scapular control over 90° of abduction/elevation
 - o Incorporate into sport specific or function specific exercises
 - Progress external rotation from 90° to EROM
 - Progress internal rotation from 90° to EROM
 - Progress flexion from 90° to EROM
 - Progress deltoid drill to exceed 90°
 - Incorporate trunk stability
 - Recruitment and endurance phase- increase repetitions, frequency and weight as fit per patient.
- Please provide with a home exercise program to be performed throughout
- Progress as tolerated.
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Modalities

☐ Electrical Stimulation

☐ Heat

☐ Ice

☐ Per therapist

Frequency: 2-3 times/week

Duration: 12 Weeks