

Therapist _____

NON-OPERATIVE REHABILITATION ATRAUMATIC SHOULDER INSTABILITY

The program will vary in length for each individual depending on several factors:

1. Severity of symptoms
2. Chronicity of instability symptoms
3. Age and Activity Level of Patient
4. ROM/Strength Status
5. Desired Goals and activities

I. PHASE I - ACUTE MOTION PHASE

Goals: Re-establish non-painful range of motion
Retard muscular atrophy
Decrease pain/inflammation

**** Note:** During the early rehabilitation program, caution must be applied in placing the capsule under stress (i.e. stretching into ABD, ER) until dynamic joint stability is restored.

- **Decrease Pain/Inflammation:**

- Sling for comfort as needed
- Therapeutic modalities (ice, electrotherapy, etc.)
- NSAID's

- **Range of Motion Exercises:**

- Gentle ROM only, no stretching
- Pendulums
- Rope & Pulley
 - Elevation in scapular plane to tolerance
- Active-assisted ROM L-Bar to tolerance
 - Flexion
 - Internal Rotation with arm in scapular plane at 30° abduction
 - External Rotation with arm in scapular plane at 30° abduction

**** DO NOT PUSH INTO ER OR HORIZONTAL ABDUCTION ****

- **Strengthening Exercises:**
 - Isometrics
 - Flexion
 - Abduction
 - Extension
 - Internal Rotation (multi-angles)
 - External Rotation (scapular plane)
 - Rhythmic Stabilizations
 - ER/IR in scapular plane
 - Weight Shifts (CKC Exercises)
 - Joint reproduction proprioceptive drills

II. PHASE II - INTERMEDIATE PHASE

Goals: Regain and improve muscular strength
 Normalize arthrokinematics
 Improve neuromuscular control of shoulder complex

Criteria to Progress to Phase II:

1. Full Passive ROM (except ER)
 2. Minimal Pain or Tenderness
 3. "Good" MMT of IR, ER, Flexion, and Abduction
 4. Baseline proprioception and dynamic stability
- **Initiate Isotonic Strengthening**
 - **Emphasis on External Rotation and Scapular Strengthening**
 - ER/IR Tubing
 - Scaption with ER (Full Can)
 - Abduction to 90 degrees
 - Side lying external rotation to 45 degrees
 - Shoulder shrugs
 - Prone Extension to Neutral
 - Prone Horizontal Adduction
 - Prone Rowing
 - Biceps
 - Table Push-ups
 - Triceps
 - **Improve Neuromuscular control of Shoulder Complex**
 - Initiation of proprioceptive neuromuscular facilitation
 - Rhythmic stabilization drills
 - ER/IR at 90 degrees abduction
 - Flexion/Extension/Horizontal at 100° Flexion, 20° horizontal abduction
 - Progress CKC exercises with rhythmic stabilizations

- Wall stabilization on ball
- Static holds in push-up position on ball
- Push-ups on tilt board
- **Continue Use of Modalities** (as needed)
 - Ice, electrotherapy modalities

III. PHASE III - ADVANCED STRENGTHENING PHASE

Goals: Improve strength/power/endurance
 Improve neuromuscular control
 Enhance dynamic stabilizations
 Prepare patient/athlete for activity

Criteria to Progress to Phase III:

1. Full non-painful range of motion
 2. No palpable tenderness
 3. Continued progression of resistive exercises
- **Continue use of modalities (as needed)**
 - **Continue isotonic strengthening (PRE's)**
 - Continue all exercises listed above
 - Progress to end range stabilization
 - Progress to full ROM strengthening
 - Progress to bench press in restricted ROM
 - Program to seated rowing and lat pull down in restricted ROM
 - **Emphasize PNF**
 - **Neuromuscular control drills (for athletes)**
 - Ball flips on table
 - End range RS with tubing
 - Wall stabilizations on ball
 - Push-ups on ball with rhythmic stabilizations
 - **Initiate plyometric training**
 - 2-hand drills:
 - Chest pass
 - Side to side
 - Overhead
 - Progress to 1-hand drills:
 - 90/90 throws
 - Wall dribbles

**** PRECAUTION IS AVOIDING EXCESSIVE STRESS ON CAPSULE ****

IV. PHASE IV - RETURN TO ACTIVITY PHASE

Goals: Maintain optimal level of strength/power/endurance
Progressively increase activity level to prepare patient/athlete for full functional return to activity/sport

Criteria to Progress to Phase IV:

1. Full ROM
 2. No pain or palpable tenderness
 3. Satisfactory isokinetic test
 4. Satisfactory clinical exam
- **Continue all exercises as in Phase III**
 - **Initiate Interval Sport Program**
 - **Continue Modalities** (as needed)

FOLLOW-UP

- Isokinetic Test
- Progress Interval Program
- Maintenance of Exercise Program