

Multi-Directional Instability Capsular Shift REHAB Protocol

GENERAL PRINCIPLES

This protocol was designed to provide the rehabilitation professional with a guideline of postoperative care. It should be stressed that this is only a protocol and should not be a substitute for clinical decision-making regarding patient's progression. Actual progress and should be individualized based upon your patients clinical exam, progress and presence of any competitions.

PHASE I: (Immediate Post-op)

Week 1-6

Orthotics

1. Use of sling and pillow to be worn all times except for exercise

Modalities PRN

1. Cryotherapy for pain and inflammation
2. E-stim
3. Pulsed low-frequency ultrasound for pain and inflammation

ROM

1. Active hand, wrist, forearm, elbow to full
2. Passive shoulder ROM only
 - Progress SLOWLY to 90 degrees of flexion, 90 of abduction, 30 of ER by week 7
 - IR ROM as tolerated
 - ALL IR/ER passive stretching at 0-30 abduction

Exercises

1. Hand grip strengthening
2. Wrist/Elbow isometrics (sub-maximal, sub-painful)
3. Passive pendulum/codman's
4. Shoulder isometrics (sub-maximal, Sub-painful)

Week 7-12

Orthotics

1. gradually discontinue use of arm sling as tolerated

Modalities PRN

1. Continue Phase I modalities as needed

ROM

1. Progress slowly with goal of full ROM by the end of Week 12
2. May begin A and AAROM as tolerated in all planes
3. IR and ER stretching and exercises at 0-60 abduction only

Exercises

1. Resisted/isotonic strengthening for wrist, forearm, elbow
2. Initiate resisted scapula-thoracic strengthening
3. May begin overhead pulleys (passive only)
4. may start light shoulder and rotator cuff isotonic (with ROM restrictions)
5. Upper extremity bike – begin with no/low resistance and progress as tolerated

PHASE II: (Strengthening)

Weeks 13-16

Modalities PRN

1. Continue Phase I modalities as needed

ROM

1. Begin IR/ER stretching and exercises at 90 degrees abduction
2. AROM and AAROM progressing to full
3. maintain passive ROM

Exercises

1. Resisted/isotonic strengthening of RTC and shoulder musculature through full ROM
2. May progress to body blade/ rhythmic stabilization exercises
3. Be sure to watch control and scapular substitution

Weeks 17-19

Exercises

1. May progress to light isotonic RTC strengthening at 90/90
2. Progress to aggressive total arm strengthening including free weight and weight machines
3. Initiate low level plyometrics
 - begin with 2-naded below chest level
 - progress to overhead and finally 1-handed drills
4. Isokinetics (IR/ER at 300-360 degrees/second)

PHASE III: (Advanced Strengthening)

Weeks 19+

Modalities PRN

1. Continue modalities as needed

ROM

1. maintain full non-painful AROM

Exercises

1. Isokinetics (IR/ER at 240/300 degrees/second)
2. Initiation of light sports activity – interval golf, racquet, throwing programs
3. Isokinetic test at 240, 270, and 300 degrees/second for MD review for full release to sport activity