

## MULTIDIRECTIONAL INSTABILITY



Post-op protocol for  
**Mathew Taylor, M.D.**

Sling Use:		Gunslinger or External Rotation Sling for 8 weeks  ***NO PT WEEKS 0-4
Phase I: (Passive)	Week 4-8	PROM
Phase II: (Active/Assistive)	Week 9-12	<ul style="list-style-type: none"> <li>• No pendulums or terminal stretch</li> <li>• Active range of motion to prescribed limits.</li> <li>• Supine-Seated External Rotation - Full</li> <li>• Supine-Seated Forward Elevation - Full</li> <li>• Internal Rotation – Full                             <ul style="list-style-type: none"> <li>○ Gradually increase all three in the active program</li> </ul> </li> </ul>
Phase III: (Resisted)	Week 14-15	<ul style="list-style-type: none"> <li>• Continue phase 2</li> <li>• Begin resisted (terminal stretch and pendulums when indicated, e.g. if shoulder is <b>very</b> stiff)</li> <li>• External and Internal Rotation</li> <li>• Standing forward punch</li> <li>• Seated rows</li> <li>• Shoulder Shrugs</li> <li>• Bicep Curls</li> <li>• Bear Hugs</li> </ul>
Weight Training:	Week 15	<ul style="list-style-type: none"> <li>• Avoid anterior and posterior capsular stress.</li> <li>• Keep hands within eyesight, Keep elbows bent.</li> <li>• Minimize overhead activities (No Military press, pulldown behind head, or wide grip bench)</li> </ul>
Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	3-6 months	Cardio
	6 months	Contact Sports

