
Multi Directional Instability

Name: _____ Date: ____ / ____ / ____

- Sling for six weeks
- Program may vary depending on surgery

Phase I: Active (Weeks 6 to 11)

- No terminal stretch
- Active range of motion to prescribed limits
- Isometrics
- Supine → seated external rotation – full
- Supine → seated forward elevation – full
- Internal rotation – full
- Gradually increase all three in the active program

- **Anterior Inferior:** Forward elevation in frontal plane
- **Posterior Inferior:** Forward elevation in plane of the scapula

Phase II: Restricted (Weeks 12 to 15)

- Continue Phase I – Begin resisted (terminal stretch if indicated – if shoulder is very stiff)
- External and internal rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs

Weight Training (Week 16)

- Avoid anterior and posterior capsular stress
- Avoid heavy weighted distraction
- Keep hands within eyesight and keep elbows bent
- Minimize overhead activities
- No military press, pull-down behind head or wide grip bench
 - Anterior inferior stabilization to avoid stress at 90/90 degree position
 - Use narrow grip with bar exercises
 - Posterior inferior stabilization – avoid cross body stress
 - Use medium to wide grip

Return to Activities

- Recreational/contact sports: 6 to 8 months