



Non-Operative Rehabilitation for Anterior Shoulder Instability

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

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

1. Severity of injury
2. Acute vs. chronic condition
3. ROM/strength status
4. Performance/activity demands



PHASE I -ACUTE MOTION PHASE

- **Goals:**

- Re-establish non-painful ROM
- Retard muscular atrophy
- Decrease pain/inflammation
- *Note:* during the early rehabilitation program, caution must be applied in placing the anterior capsule under stress (i.e. ABD, ER) until joint stability is restored

- **Decrease Pain/Inflammation**

- Therapeutic modalities (ice, electrotherapy, etc.)
- NSAIDs
- GENTLE joint mobilization

- **Range of Motion Exercises**

- Pendulums
- Circumduction
- Rope & Pulley
- Flexion
 - Abduction to 90°, progress to full ROM
- L-Bar
 - Flexion
 - Abduction
 - Internal rotation with arm in scapular plane
 - External rotation with arm in scapular plane
 - Progress arm to 90° of abduction as tolerated
- Posterior capsular stretching
- ****Shoulder Hyperextension is Contraindicated**

- **Strengthening Exercises**

- Isometrics
 - Flexion
 - Abduction
 - Extension
 - Internal rotation (multi-angles)
 - External rotation (scapular angles)
- Weight shifts



PHASE II -INTERMEDIATE PHASE

- **Goals**
 - Regain and improve muscular strength
 - Normalize arthrokinematics
 - Improve neuromuscular control of shoulder complex
- **Criteria to Progress to Phase II**
 - Full range of motion
 - Minimal pain or tenderness
- **Initiate Isotonic Strengthening**
 - Flexion
 - Abduction to 90°
 - Internal rotation
 - Side-lying external rotation to 45 degrees
 - Shoulder shrugs
 - Extension
 - Horizontal adduction
 - Supraspinatus
 - Biceps
 - Push-ups
- **Initiate Eccentric (surgical tubing) Exercises at 0° Abduction**
 - Internal/External rotation
- **Normalize Arthrokinematics of the Shoulder Complex**
 - Continue joint mobilization
 - Patient education of mechanics of activity/sport
- **Improve Neuromuscular Control of Shoulder Complex**
 - Initiation of proprioceptive neuromuscular facilitation
 - Rhythmic stabilization drills
 - Continue use of modalities (as needed)
 - Ice, electrotherapy modalities



PHASE III -ADVANCED STRENGTHENING PHASE

- **Goals**
 - Improve strength/power/endurance
 - Improve neuromuscular control
 - Prepare patient/athlete for activity
- **Criteria to Progress to Phase III**
 - Full non-painful ROM
 - No palpable tenderness
 - Continued progression of resistive exercises
 - Continue use of modalities (as needed)
 - Continue posterior capsular stretches
 - Continue isotonic strengthening (PREs)
- **Continue Eccentric Strengthening**
 - Initiate isokinetics
 - Flexion/extension
 - Abduction/adduction
 - Internal/external rotation



- Horizontal ABD/Adduction
- **Initiate Plyometric Training**
 - Surgical tubing
 - Wall push-ups
 - Medicine ball
- **Initiate Military Press**
- ***PRECAUTION: avoid maneuvers stressing anterior capsule***



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**
 - Full ROM
 - No pain of palpable tenderness
 - Satisfactory isokinetic test
 - Satisfactory clinical exam
- **Continue All Exercises as in Phase III**
- **Continue Posterior Capsular Stretches**
- **Initiate Interval Program**
- **Continue Modalities**

Comments:

Frequency: _____ **times per week**

Duration: _____ **weeks**

Signature: _____

Date: