



Arthroscopic Shoulder Stabilization for Multi-Directional Instability

	RANGE OF MOTION*	IMMOBILIZER	THERAPEUTIC EXERCISE
PHASE I 0 - 6 weeks	Passive ROM only within limits: FF= 120 degs. ER= 30 degs at side. ABD= 45 degs. IR= to body. EXT= none.	Worn at all times except for hygiene and therapeutic exercise.	Elbow/wrist/hand ROM, grip strength. Pendulums. Modalities: heat before, ice after.
PHASE II 6 – 12 weeks	Start Active-assisted to AROM within limits: FF= 140 degs. ER= 40 degs at side. ABD= 60 degs. IR= to body. No passive PT stretch or manipulation.	None.	Isometrics: abduction, ER, IR exercises with elbow at side. Scapular stabilization exercises.
PHASE III 3 – 6 months	Progress to full active motion. May add gentle PROM at 8wks if needed.	None.	Begin progressive resistance exercises. Therabands to light weights. Begin functional sport/work specifics at 4 months.
PHASE IV 6 – 12 months	Full painless motion.	None.	Sport-specifics, Plyometrics, Proprioception. Return to throwing program at 6 months. Return to previous activity level.

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LOCATIONS

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