



Keith T. Corpus, MD

Multi-Directional Instability: Non-Operative

This information and protocol is a guideline, individual variations and changes will apply

The duration of each phase will vary in length for each individual depending on the severity of injury, range of motion and strength deficits, and functional demands.

PHASE I

ACUTE PHASE

GOALS:

- Decrease pain and inflammation
- Re-establish functional ROM
- Establish voluntary muscle activation
- Re-establish muscular balance
- Improve proprioception

PRECAUTIONS:

- Minimize stress on joint capsule
- Avoid activities and motion in extreme ROM
- No stretching

TREATMENT RECOMMENDATIONS:

- Gentle ROM exercises: No stretching
- Pendulum exercises
- Rope and pulley: initial elevation to 90°, progress as tolerated to 150°
- Strengthening: isometric performed with arm at side (FF, ABD, ADD, ER at 0°, IR at 0°); scapular stabilization and posture training; rhythmic stabilizations
- Proprioception
- Modalities: PRN
- HEP

MINIMUM CRITERIA FOR ADVANCEMENT:

- Full ROM
- Minimal pain

PHASE II

INTERMEDIATE PHASE

GOALS:

- Normalize shoulder kinematics
- Improve glenohumeral/periscapular strength
- Improve neuromuscular control shoulder complex
- Enhance proprioception

PRECAUTIONS:

- Avoid activities and motion in extreme ROM
- No stretching



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TREATMENT RECOMMENDATIONS:

- Initiate isotonic strengthening
- Initiate eccentric exercises in 0° ABduction
- Improve neuromuscular control of shoulder complex
- Core stabilization
- Modalities: PRN
- HEP

CRITERIA FOR ADVANCEMENT:

- Full pain free ROM
- No pain or tenderness
- Progression of resistive exercises
- Satisfactory muscle strength

PHASE III

STRENGTHENING PHASE

GOALS:

- Enhance dynamic stabilization
- Improve strength and endurance
- Improve neuromuscular control
- Initiate function activity training

PRECAUTIONS:

- None

TREATMENT RECOMMENDATIONS:

- Continue isotonic strengthening
- Continue eccentric strengthening
- Continue to progress with neuromuscular control drills
- Initiate isokinetics (ABD, ADD, IR, ER)
- Emphasize endurance
- HEP for maintenance

CRITERIA FOR ADVANCEMENT:

- Full pain free ROM
- No pain or tenderness
- Satisfactory isokinetic testing
- Satisfactory muscle strength

PHASE IV

RETURN TO ACTIVITY PHASE

GOALS:

- Maintain strength, power, and endurance
- Progress to full unrestricted return to activity

PRECAUTIONS:

- None



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TREATMENT RECOMMENDATIONS:

- Continue all exercises from Phase III
- Initiate interval sport program if appropriate
- HEP for maintenance

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