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Physical Therapy Multi-Directional Instability Non-Operative Protocol

Instructions: Muscles to focus upon: Rhomboids, Trapezius, Levator, and Deltoid

Phase I:

Goals: Initiate voluntary control of scapula and humeral head position in 0° of abduction

Voluntary control of the humeral head and scapula in 0° to 45° of abduction

Suggested exercises:

Scapular upward rotation, 1-3x 20 reps for 5 sec hold 2x/day

If unable to perform 5 reps do side-lying scapular upward rotation

Phase II:

Goals: Improve strength of the posterior musculature involved in flexion

Suggested exercises:

Scapular upward rotation standing, 1-3x 20 reps 1-2x/day

External rotation with Thera band (do side lying if necessary)

Bent over row progress from 0.5 kg to 2 kg. Keep in neutral extension

Extension row with Thera band at 45° of abduction. Keep in neutral rotation.

Phase III:

Goals: Achieve scapular control in the sagittal plane

Achieve motion in scapular plane to 45° elevation and sagittal plane to 45° elevation

Scapular upward rotation standing, work from coronal to sagittal plane 1-3x20 reps 2x/day, progress from 0-2 kg

0- 45° flexion in the scapular plane 1-3x20 reps 2x/day

\*\*During flexion palpate the humeral head to assess unwanted posterior translation. If the patient is unable to maintain humeral head control return to stage II.

Phase IV:

Goals: Achieve scapular control at 90° abduction

Achieve scapular control through 0° to 90° motion in abduction.

External rotation standing from 45° to 90° abduction 1-3x20reps 2x/day

External rotation drills at 90° abduction, Internal rotation drills at 90° abduction, Flexion to 90° abduction, External row standing, at 90° abduction

Perform all the above 1-3x20 reps 2x/day progressing in weight resistance.

Phase V:

Goals: Strengthen anterior, middle and posterior deltoid.

Posterior: bent over row from 0° to 45° to 90° abduction

Anterior: flexion with Thera Band (sitting/standing) short lever flexion  
with weight 1-3x8-20reps at 0-4 kg

\*\*perform posterior deltoid drills then progress to anterior and then to middle.

Phase VI:

Goals: Scapular control over 90° of abduction/elevation

Incorporate into sport specific or function specific exercises

Progress external rotation from 90° to full range of motion

Progress internal rotation from 90° to full range of motion

Progress flexion from 90° to full range of motion

Progress deltoid drill in phase V to exceed 90°

Incorporate trunk stability: Increase reps, frequency, and weight as fit per patient.

Please provide with a home exercise program to be performed throughout

Progress as tolerated.

Modalities

Electrical Stimulation  Heat  Ice  Per therapist

Frequency: 2-3 times/week Duration: 12 Weeks