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MULTIDIRECTIONAL INSTABILITY (INFERIOR CAPSULAR SHIFT) POST SURGICAL PROTOCOL

CLASSIC MULTIDIRECTIONAL INSTABILITY

1 - 6 weeks	Arm held in brace, slightly abducted Neutral rotation Gentle isometric exercises Elbow ROMs
6 weeks	D/C brace ROMs gradually introduced slowly
12 weeks	Progressive strengthening
9 - 12 months	Contact sports

Bidirectional instability (ant-inf) without significant posterior sling-6 weeks out for rehab

10 days - 2 weeks	Isometrics Ext. rotation to 10 degrees, forward elevation 90 degrees
2 - 4 weeks	Ext. rotation to 30 degrees, forward elevation 140 degrees Isometric strengthening
4 - 6 weeks	Ext. rotation to 40 degrees, forward elevation 160 degrees Resistance exercises begun
16 weeks	Ext. rotation to 50 degrees, forward elevation 180 degrees Resistance exercises
3 months	Ext. rotation increase gradually from 50 degrees Strengthening begins with arm in neutral below 90 degrees

* Object to regain motion over several months because progressive too quickly may lead to recurrent instability

4 - 12 months - Return to contact sports