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