

MULTIDIRECTIONAL INSTABILITY REHABILITATION PROTOCOL

Phase I Weeks 0-6:

- Sling in neutral rotation for 6 weeks with padded abduction sling **WORN AT THE SIDE**
- RTC isometrics in sling
- **PROM only for 6 weeks**
- Elbow, wrist and hand ROM
- **Grip strengthening**

Phase II Weeks 6-12:

- Sling at night, can discontinue using the sling during the day
- AROM only as tolerated to increase ROM; **no PT stretching or manipulation**
 - Restrict to 140° FF, 40° ER at side, IR to stomach, 45° Abduction
- Start scapular stabilization exercises avoiding anterior capsule stress (traps/rhomboids/lev scap/etc)
- Begin light isometrics for rotator cuff and deltoid out of sling with arm at the side
- Can begin stationary bike; no jogging allowed

Phase III Months 3-12:

- Advance strengthening as tolerated: isometrics→bands→light weights (1-5 lbs); 8-12 reps, 2-3 set per exercise for rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- If ROM lacking, increase to full with **gentle** passive stretching at end ranges
- Begin eccentric motions, plyometrics (ex weighted ball toss) and closed chain exercises at 16 weeks
- Begin sports related rehab at 4 ½ months, including advanced conditioning
- Return to throwing at 6 months
- Throw from pitcher's mound at 9 months
- Return to collision sport on MD approval