

**Anterior Instability Procedures**  
**Drs. Gaudelli, Kosak, Pearce, Wolstenholme**

**PHYSIOTHERAPY PRESCRIPTION:**

**\*\*NO PASSIVE MANIPULATIONS\*\***

**WEEKS 6 – 12**

- weeks 0-6 → maintain sling

**WEEKS 6 – 12**

- \* 6-10 wks, gradual A/AA/PROM to improve ER with arm at side (limit to 45° ER).
- \* Progress flexion to 160°.
- \* 10-12 weeks, A/AA/PROM to improve ER with arm in 45° abduction.
- \* Pool exercises AROM all directions below horizontal, light resisted motions in all planes.
- \* AROM activities to restore flexion, IR, horiz ADD.
- \* Deltoid, Rotator Cuff isometrics progressing to isotonics.
- \* Progressive Resistance exercises (PRE's) for scapular muscles, latissimus, biceps, triceps.
- \* PRE's work rotators in isolation (use modified neutral).
- \* Joint mobilization (posterior glides).
- \* Emphasize posterior cuff, lats, & scapular muscle strengthen, stress eccentrics.
- \* Utilize exercise arcs that protect anterior capsule from stress during PRE's.
- Keep all strength exercises below the horizontal plane in this phase.

**WEEKS 12-16**

- \* AROM activities to restore full ROM.
- \* Restore scapulohumeral rhythm
- \* Joint mobilization
- \* Aggressive scapular stabilization and eccentric strengthening program
- \* PRE's for all upper quarter musculature (begin to integrate upper extremity patterns.) Continue to emphasize eccentrics and glenohumeral stabilization. All PRE's are below the horizontal plane for non-throwers
- Begin isokinetics

**WEEK 16 +**

- \* Begin muscle endurance activities (UBE). Focus on endurance of cuff and scapular stabilizers



- \* Continue with agility exercises.
- \* Advanced functional exercises/sports specific exercises.
- \* Isokinetic test/functional test assessment
- \* Develop home program.

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