

**Anterior Instability Procedures
Dr. Beuerlein**

PHYSIOTHERAPY PRESCRIPTION:

****NO PASSIVE MANIPULATIONS****

WEEKS 0-2

- weeks 0-2 → maintain sling

WEEKS 2- 6

- * 0-6 wks, active assisted ER to neutral only
- * Progress flexion to 160°.

WEEKS 6-12

May start ER past neutral

- * 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

Central Alberta Orthopedics

#300, 4309 - 52 Avenue, Red Deer, Alberta

403.309.2001

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- * 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.