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Rehabilitation Protocol Multidirectional Instability Reconstruction - Arthroscopic or Open

Phase I: Protect repair (*0 to 6 weeks*)

- Patients may shower postop day # 3 for arthroscopic, day # 5 for open surgeries.
- Ice or cold flow systems encouraged for the first week at a minimum: should be used 3-4 times per day.
- Sling should be in place when not performing exercises.

- Initiate exercise program 3 times per day:
 - Immediate elbow, forearm and hand range of motion out of sling
 - Pendulum exercises
 - Passive and active assistive ER at the side to 30, flexion and scapular plane elevation to 90 only
 - Emphasize home program (instruct family member with ROM)

- May start active scapular mobility exercises at 3 to 4 week - Must keep the shoulder musculature relaxed.
- Strict ROM restrictions.
- Avoid active IR if open procedure.

Phase II: Progress ROM and protect repair (*6 to 12 weeks*)

- May discontinue sling.
- Lifting restriction of 5 pounds with the involved extremity.

- Advance active and passive ROM:
 - ER at the side and flexion to tolerance
 - Scapular plane elevation to 130
 - IR and extension to tolerance

- Initiate gentle rotator cuff strengthening.
- Initiate scapular stabilizer strengthening.
- Avoid ROM above stated limits.

Phase III: Full function (*>3 months*)

- Begin combined abduction with ER and IR ROM and advance capsular mobility (gently).
- Discontinue lifting restrictions.

- Advance rotator cuff and scapular stabilizer strengthening.
- Initiate functional progression to sports specific activities at 4 months.

Return to Activities

Computer	As soon as tolerated
Driving	When no longer taking narcotics
Run	3 months
Golf	4 months
Tennis	4 months
Swimming	4 months
Weight lifting	4 months
Contact sports	6 months