



## **NONOPERATIVE REHABILITATION OF MULTI-DIRECTIONAL SHOULDER INSTABILITY**

***Please note:** This document is intended to provide guidelines for the nonoperative rehabilitation of a patient who suffers with multidirectional shoulder instability. The intent of this protocol is to not to supplant the decision making of the clinician, but to suggest a structure and progression of rehabilitation.*

*If the clinician requires assistance in the progression of a postoperative patient, please contact Dr. O'Donnell's office.*

**Instructions: Muscles to focus upon: Rhomboids, Trapezius, Levator, and Deltoid**

### **PHASE I:**

Goals:

- Initiate voluntary control of scapula and humeral head position in 0° of abduction
- Voluntary control of the humeral head and scapula in 0° to 45° of abduction

Suggested exercises:

- Scapular upward rotation, 1-3x 20 reps for 5 sec hold 2x/day
- If unable to perform 5 reps do side-lying scapular upward rotation

### **PHASE II:**

Goals:

- Improve strength of the posterior musculature involved in flexion

Suggested exercises:

- Scapular upward rotation standing, 1-3x 20 reps 1-2x/day
- External rotation with Thera band (do side lying if necessary)
- Bent over row progress from 0.5 kg to 2 kg. Keep in neutral extension
- Extension row with Thera band at 45° of abduction. Keep in neutral rotation.

### **PHASE III:**

Goals:

- Achieve scapular control in the sagittal plane
- Achieve motion in scapular plane to 45° elevation and sagittal plane to 45° elevation
- Scapular upward rotation standing, work from coronal to sagittal plane 1-3x20 reps 2x/day, progress from 0-2 kg 0- 45° flexion in the scapular plane 1-3x20 reps 2x/day

\*\*During flexion palpate the humeral head to assess unwanted posterior translation. If the patient is unable to maintain humeral head control return to stage II.

#### **PHASE IV:**

Goals:

- Achieve scapular control at 90° abduction
- Achieve scapular control through 0° to 90° motion in abduction.
- External rotation standing from 45° to 90° abduction 1-3x20reps 2x/day
- External rotation drills at 90° abduction, Internal rotation drills at 90° abduction, Flexion to 90° abduction, External row standing, at 90° abduction
- Perform all the above 1-3x20 reps 2x/day progressing in weight resistance.

#### **PHASE V:**

Goals:

- Strengthen anterior, middle and posterior deltoid.
- Posterior: bent over row from 0° to 45° to 90° abduction
- Anterior: flexion with Thera Band (sitting/standing) short lever flexion with weight 1-3x8-20reps at 0-4 kg

\*\*perform posterior deltoid drills then progress to anterior and then to middle.

#### **PHASE VI:**

Goals:

- Scapular control over 90° of abduction/elevation Incorporate into sport specific or function specific exercises Progress external rotation from 90° to full range of motion
- Progress internal rotation from 90° to full range of motion
- Progress flexion from 90° to full range of motion Progress deltoid drill in phase V to exceed 90°
- Incorporate trunk stability: Increase reps, frequency, and weight as fit per patient. Please provide with a home exercise program to be performed throughout Progress as tolerated.



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