

***Anterior Instability Protocol***

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_ Next Physician Appointment: \_\_\_\_\_

Frequency: 1 2 3 4 times/week      Duration: 1 2 3 4 5 6 Weeks

- Weeks 0-1: Home exercise program given post-op (pendulums, elbow ROM, wrist ROM)

\_\_\_\_ Weeks 1-4:

- Restrict motion to 90° FF/ 20° ER at side/ IR to stomach/ 45° ABD, PROM → AAROM → AROM as tolerated
- Hold cross-body adduction until 6 weeks post-op
- Isometric in sling
- Sling for 4 weeks
- Heat before/ice after PT sessions

\_\_\_\_ Weeks 4-8:

- D/C sling @ week 4
- Increase AROM 160° FF/ 45° ER at side/ 160° ABD/ IR behind back to waist
- Strengthening (isometrics/light bands) within AROM limitations, horizontal abduction exercises
- Also start strengthening scapular stabilizers (traps/rhomboids/lev. scap/etc)
- Modalities per PT discretion

\_\_\_\_ Weeks 8-12:

- If ROM lacking, increase to full with gentle passive stretching at end ranges
- Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per rotator cuff, deltoid, and scapular stabilizers

\_\_\_\_ Months 3-12 (if needed):

- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin UE ergometer
- Begin eccentrically resisted motions, plyometrics (ex weighted ball toss), proprioception (ex body blade), and closed chain exercises at 12 weeks.
- Begin sports related rehab at 3 months, including advanced conditioning
- Return to throwing at 4 ½ months
- Throw from pitcher's mound at 6 months
- MMI is usually at 12 months

Comments:

\_\_\_\_ Teach Home Exercise Program

Modalities

\_\_\_\_ Heat before    \_\_\_\_ Ice after    \_\_\_\_ Other \_\_\_\_\_      \_\_\_\_ Therapist's discretion

Signature \_\_\_\_\_