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 abstraction 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 __________________________________________