



Jordan M. Meiss, MD

Multi-Directional Instability: Non-Operative

This information and protocol is a guideline, individual variations and changes will apply

**PHASE I
ACUTE PHASE**

GOALS:

- Decrease pain and inflammation
- Re-establish functional ROM
- Establish voluntary muscle activation
- Re-establish muscular balance
- Improve proprioception

PRECAUTIONS:

- Minimize stress on joint capsule
- Avoid activities and motion in extreme ROM
- No stretching

TREATMENT RECOMMENDATIONS:

- Gentle ROM exercises: No stretching
- Pendulum exercises
- Rope and pulley: initial elevation to 90°, progress as tolerated to 150°
- Strengthening: isometric performed with arm at side (FF, ABD, ADD, ER at 0°, IR at 0°); scapular stabilization and posture training; rhythmic stabilizations
- Proprioception
- Modalities: PRN
- HEP

MINIMUM CRITERIA FOR ADVANCEMENT:

- Full ROM
- Minimal pain

**PHASE II
INTERMEDIATE PHASE**

GOALS:

- Normalize shoulder kinematics
- Improve glenohumeral/periscapular strength
- Improve neuromuscular control shoulder complex
- Enhance proprioception

PRECAUTIONS:

- Avoid activities and motion in extreme ROM
- No stretching

TREATMENT RECOMMENDATIONS:

- Initiate isotonic strengthening
- Initiate eccentric exercises in 0° ABduction
- Improve neuromuscular control of shoulder complex
- Core stabilization



Jordan M. Meiss, MD

Multi-Directional Instability: Non-Operative

This information and protocol is a guideline, individual variations and changes will apply

- Modalities: PRN
- HEP

CRITERIA FOR ADVANCEMENT:

- Full painfree ROM
- No pain or tenderness
- Progression of resistive exercises
- Satisfactory muscle strength

PHASE III STRENGTHENING PHASE

GOALS:

- Enhance dynamic stabilization
- Improve strength and endurance
- Improve neuromuscular control
- Initiate function activity training

PRECAUTIONS:

- None

TREATMENT RECOMMENDATIONS:

- Continue isotonic strengthening
- Continue eccentric strengthening
- Continue to progress with neuromuscular control drills
- Initiate isokinetics (ABD, ADD, IR, ER)
- Emphasize endurance
- HEP for maintenance

CRITERIA FOR ADVANCEMENT:

- Full painfree ROM
- No pain or tenderness
- Satisfactory isokinetic testing
- Satisfactory muscle strength

PHASE IV RETURN TO ACTIVITY PHASE

GOALS:

- Maintain strength, power, and endurance
- Progress to full unrestricted return to activity

PRECAUTIONS:

- None

TREATMENT RECOMMENDATIONS:

- Continue all exercises from Phase III
- Initiate interval sport program if appropriate
- HEP for maintenance