

Multidirectional Instability Capsular Physical Therapy Protocol/Prescription

Name: _____**Date:** _____**Diagnosis:** _____**Date of Surgery :** _____**Weeks 0-6:**

- Slingshot / Gunslinger Brace for 6 weeks
- Isometrics in brace, gentle supported Codman exercises
- PROM only for 6 weeks
- Grip strengthening, elbow ROM, wrist ROM

**Weeks 6-12:**

- Sling at night, can discontinue using the sling during the day
- AROM only as tolerated to increase ROM; no PT stretching or manipulation
- Restrict to 140°FF/ 40°ER at side/ IR to stomach 45°Abduction
- Scapular stabilization exercises avoiding anterior capsule stress
- Begin light isometrics for rotator cuff and deltoid, with arm at the side
- Can begin stationary bike

**Months 3-12:**

- Advance strengthening as tolerated: isometrics à bands à light weights (1-5 lbs); 8-12 reps/2-3 set per exercise for rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- If ROM lacking, increase to full with gentle passive stretching at end ranges
- Begin eccentric motions, plyometrics (ex. Weighted ball toss), and closed chain exercises at 16 weeks
- Begin sports related rehab at 4 months, including advanced conditioning
- Return to throwing at 6 months
- Throw from pitcher's mound at 9 months

- No collision sports allowed
- MMI is usually at 12 months

Comments:

Frequency: _____ **times per week**

Duration: _____ **weeks**

Signature: _____

Date: _____