

Physical Therapy Prescription for:

label

**Eval & Treat:** 2x/week x 12 weeks**Diagnosis:** Multidirectional Instability**Procedure:** Open Capsular Shift**PHASE I (Week 0-2)**

- Pendulum exercises 4x per day (flexion, circles)
- Elbow/wrist/finger motion
- Cryotherapy/ice for pain/inflammation
- Sleep in sling
- PROM in scapular plane
  - Elevation to 100 degrees
  - External rotation to 15 degrees
- Scapula AROM: elevation + retraction

**PHASE II (Week 2-4)**

- Continue sling through week 4, pendulum exercises, cryotherapy/ice
- PROM in scapular plane
  - Elevation to 140 degrees
  - External rotation to 30 degrees
- AAROM in scapular plane to above limits
- Pulleys
- Scaption isometrics @ 30 deg (against gravity)

**PHASE III (Week 4-6)**

- PROM in scapular plane
  - Elevation to 165 degrees
  - External rotation to 40 degrees
- AROM – Scaption
  - Supine at 4 weeks
  - Standing at 5 weeks
  - Sidelying external rotation
- Bodyblade: scaption @ 0 deg, ER/IR

- \*\* Not aggressive

- Dynamic weightbearing on ball (bilateral)

**PHASE IV (Week 6-8)**

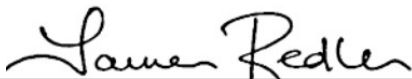
- PROM in scapular plane
  - Elevation to full
  - External rotation to 60 degrees
- ER/IR with resistive tubing and standing with weight
- Resisted scaption
- Upper body ergometer
- PNF D2 diagonal – AROM to light resistance

**PHASE V (Week 8-10)**

- PROM to tolerance including cocking (ER @ 90 degrees abduction)
- Bodyblade horizontal abd/add
- Supine cocking with weight (eccentric emphasis)
- Supine PNF D2 diagonal with weight (eccentric emphasis)
- Dynamic weightbearing on ball (unilateral)

**PHASE VI (Week 10+)**

- Rebounder cocking and backhand toss
- Pushups
- Increase speed of training
- Increase emphasis on eccentric control of cocking



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Date