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Rehabilitation Instructions:

Multidirectional Instability (Nonoperative Treatment)

Instructions:

- **Muscles to focus on:** rhomboids, trapezius, levator scapulae, rotator cuff, deltoid
- **Phase I:** Initiate voluntary control of scapula and humeral head position in 0° of abduction
 - Voluntary control of the humeral head and scapula in 0° to 45° of abduction
 - Suggested exercises:
 - Scapular upward rotation, 1-3x 20 reps for 5 sec hold 2x/day
 - If unable to perform 5 reps do side-lying scapular upward rotation
- **Phase II:** Improve strength of the posterior musculature involved in flexion
 - Suggested exercises:
 - Scapular upward rotation standing, 1-3x 20 reps 1-2x/day
 - External rotation with Thera band (do side lying if necessary)
 - Bent over row progress from 0.5 kg to 2 kg. Keep in neutral extension
 - Extension row with Thera band at 45° of abduction. Keep in neutral rotation
- **Phase III:** Achieve scapular control in the sagittal plane
 - Achieve motion in scapular plane to 45° elevation and sagittal plane to 45° elevation
 - Scapular upward rotation standing, work from coronal to sagittal plane 1-3x20 reps 2x/day, progress from 0-2 kg
 - 0- 45° flexion in the scapular plane 1-3x20 reps 2x/day
 - ****During flexion palpate the humeral head to assess unwanted posterior translation. If the patient is unable to maintain humeral head control return to stage II**
- **Phase IV:** Achieve scapular control at 90° abduction
 - Achieve scapular control through 0° to 90° motion in abduction
 - External rotation standing from 45° to 90° abduction 1-3x20reps 2x/day
 - External rotation drills at 90° abduction, Internal rotation drills at 90° abduction, Flexion to 90° abduction, External row standing, at 90° abduction
 - Perform all the above 1-3x20 reps 2x/day progressing in weight resistance
- **Phase V:** Strengthen anterior, middle and posterior deltoid
 - Posterior: bent over row from 0° to 45° to 90° abduction
 - Anterior: flexion with Thera Band (sitting/standing) short lever flexion with weight 1-3x8-20reps at 0-4 kg
 - ****perform posterior deltoid drills then progress to anterior and then to middle**
- **Phase VI:** Scapular control over 90° of abduction/elevation
 - Incorporate into sport specific or function specific exercises



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- Progress external rotation from 90° to full range of motion
 - Progress internal rotation from 90° to full range of motion
 - Progress flexion from 90° to full range of motion
 - Progress deltoid drill in phase V to exceed 90°
 - Incorporate trunk stability: Increase reps, frequency, and weight as fit per patient
- **Home exercises:** Please provide with a home exercise program. Progress as tolerated.
 - **Modalities:** Heat before and ice after therapy. Other modalities as per therapist.