

Department of Orthopaedic Surgery  
Sports Medicine and Shoulder Service

## Anterior Instability Repair Rehab Protocol Prescription

Patient Name:

Date:

Diagnosis: Glenohumeral instability Frequency: 2-3 visits/week Duration: 4 months

### Weeks 1-3: Phase I

Sling Immobilizer: At all times when not doing exercises

Exercises: Passive forward flexion (FF) in scapular plane to 90 degrees  
Passive external rotation (ER) and extension to neutral  
Elbow/wrist active range of motion  
Scapular isometrics  
Pain-free submaximal deltoid isometrics  
Modalities as needed

Advancement Criteria: ER to neutral / FF to 90 minimal pain or inflammation

### Weeks 3-6: Phase II

Sling Immobilizer: May discontinue after 4 weeks

Exercises: Active Assisted FF in scapular plane to 120: wand exercises, pulleys  
Active Assisted ER to 30 degrees: wand exercises  
Manual scapula side-lying exercises  
Internal/external rotation isometrics in modified neutral (submaximal, pain-free)  
Modalities as needed

Progress scapular strengthening - include closed chain exercises  
Begin isotonic IR/ER strengthening in modified neutral (pain free)  
Begin latissimus strengthening (progress as tolerated)  
Begin humeral head stabilization exercises (if adequate strength and ROM)  
Begin upper extremity flexibility exercises  
Isokinetic training and testing  
Modalities as needed