



PHYSICAL THERAPY PROTOCOL
Multi-Directional Instability Postoperative
S/P Labral Repair and Capsular Plication

Patient: _____ **MR#:** _____
Date of Surgery: _____ **DOB:** _____

GENERAL CONSIDERATIONS

- Evaluate overall laxity of patient's joints
- Avoid stressing suture line during early healing. General rule is no stress for 6 weeks, and even after this no vigorous stretching
- Modify strengthening exercise positions to protect the capsular repair site.

POST-OP DAYS 1 – 14

- Sling with external rotation brace x 6 weeks – Even while sleeping - Maintain shoulder in neutral rotation, not IR - Place pillow under shoulder / arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side
- Supported pendulum exercises
- Shoulder shrugs / scapular retraction without resistance
- Ice pack GOALS
- Pain control
- Protection

WEEKS 2 – 6

- Continue sling x 4 weeks
- Continue appropriate previous exercises
- Full pendulum exercises
- Submaximal isometrics x 6 (pain-free)
- UBE – Forwards and backwards at low resistance –

4 WEEKS

- Resisted elbow / wrist exercises (light dumbbell)
- Active assisted motion (AAROM) supine with wand - Flexion to 90 degrees 2 - Abduction to 45 degrees - ER to 25 degrees - NO IR x 6 weeks
- 1-2 Finger Isometrics x 6 (fist in box)
- Stationary bike (must wear sling) GOAL
- AAROM Flexion to 90 degrees, Abduction 45 degrees
- 3/5 MMT deltoid + rotator cuff

WEEKS 6 – 12

- D/C Sling Continue appropriate previous exercises
- AAROM (wand, wall climb, pulleys, doorway stretch) through full range
- PROM / mobilization as needed to regain full ROM
- AROM through full range
- Rotator cuff strengthening with light Theraband - ER and IR with arm at side and pillow or towel roll under arm - Flexion to 90 degrees - Abduction to 90 degrees - Scaption to 90 degrees - Extension to 45 degrees
- Prone scapular retraction exercises with light weight
- Standing rows with Theraband
- Push-up progression – Wall to table (no elbow flexion > 90 degrees)
- Body Blade • Ball on wall (arcs, alphabet)
- Seated row with light resistance
- BAPS on hands
- Ball toss with arm at side
- Treadmill – Walking to running progression program
- Elliptical trainer / Stairmaster
- Pool walking / running – No UE resistive exercises

GOALS

- Full AROM
- Normal rotator cuff strength
- 30 wall push-ups progressing to 30 table push-ups

MONTHS 3 – 4

- Continue appropriate previous exercises
- Fitter on hands
- Ball toss overhead
- Push-up progression – Table to chair (no elbow flexion > 90 degrees)
- Weight training with light resistance - No elbow flexion > 90 degrees with bench, dips, etc.

MONTHS 4 – 6

- Continue appropriate previous exercises
- Push-ups, regular – No elbow flexion > 90 degrees
- Sit-ups
- Swimming
- Running progression to track
- Progressive weight training – No elbow flexion > 90 degrees
- Transition to home / gym program GOAL
- Resume all activities
- ***NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP***