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Arthroscopic Multidirectional Shoulder Instability Protocol

Patient: _____

Date of Surgery: _____

*******Ultra-sling to be worn at all times x 6 wks & No active biceps x 6 wks*******

PHASE 1 (0-2weeks):

A. Aerobic

Stationary bike x 30 min

Easy walking on level surface x 30 mins

B. Range of Motion

Passive Codman exercises at least 3 times a day x 5-10 mins only

** note external and internal rotation limitations

C. Strength

Wrist and grip only

No active elbow flexion or supination x 6 wks

D. Modalities

Ifc & ice x 20 mins

******Goal******

Decreased pain and inflammation

PHASE 2 (2-4 weeks):

A. Aerobic

Stationary bike

B. Range of motion

Passive forward flexion to 90, scapular plane 90, abduction 90, Passive external rotation to 30 degrees,

internal rotation 20 @ 30 degree

Abduction

C. Strength

Start gentle isometric exercises for forward flexion, abduction, external rotation, NO internal rotation

Wrist and elbow grip

******Goal******

Passive ROM to limits

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PHASE 3 (4-6 weeks):

A. Aerobic

Stationary bike
Easy incline walking

B. Range of Motion

Passive ROM FF-120, SC-120, ABD-120,

*** avoid terminal external and internal rotation x 8 wks total*****

C. Strength

Start scapula stabilization
Isometrics up to 90 degrees

******Goal******

Full passive ROM

PHASE 4 (6-12 weeks):

A. Aerobic

May start elliptical, treadmill at incline and progress to walk run x 30 mins

B. Rang of Motion

Progress to active assisted to active range of motion

****avoid terminal external and internal rotation x 8 wks total****

C. Strength

Start progressive therabands exercises in various planes

Progress PRE rotator cuff

Start scapula stabilization

******Goal******

Full functional range of motion

Normal scapulothoracic motion

PHASE 5 (12-16 wks):

A. Aerobic

Treadmill, light jog, stationary bike, stair master

B. Range of Motion

Progress to full

C. Strength

Progress therabands at multiple planes to include diagonal

Push-up progression

Ball passes, ball on wall and body blade

******Goal******

Full ROM

Restore strength

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PHASE 6 (>16 wks):

A. Aerobic

Rowing
Start swimming
Progress to running

B. Range of Motion

Full

C. Strength

Start progress throwing (short to long)
Military press
Lat pull downs

*******Goal*******

Full range of motion

Full strength

Ability to perform pushups, pull-ups, swim and throw

PHASE 6 (cont'd):

A. Aerobic

Continue progression to running on treadmill
Rowing machine
Versiclimber

B. Range of Motion

Continue to full ROM

C. Strength

Begin throwing/gym program
Sport specific exercises

*******Goal*******

Full range of motion

Full strength Able to perform pushup, pull-up and run

Able to return to sports