

## Multi-Directional Instability: Non-Operative

The duration of each phase will vary in length for each individual depending on the severity of injury, range of motion and strength deficits, and functional demands.

### PHASE I

#### ACUTE PHASE

##### GOALS:

- Decrease pain and inflammation
- Re-establish functional ROM
- Establish voluntary muscle activation
- Re-establish muscular balance
- Improve proprioception

##### PRECAUTIONS:

- Minimize stress on joint capsule
- Avoid activities and motion in extreme ROM
- No stretching

##### TREATMENT RECOMMENDATIONS:

- Gentle ROM exercises: No stretching
- Pendulum exercises
- Rope and pulley: initial elevation to 90°, progress as tolerated to 150°
- Strengthening: isometric performed with arm at side (FF, ABD, ADD, ER at 0°, IR at 0°); scapular stabilization and posture training; rhythmic stabilizations
- Proprioception
- Modalities: PRN
- HEP

##### MINIMUM CRITERIA FOR ADVANCEMENT:

- Full ROM
- Minimal pain

### PHASE II

#### INTERMEDIATE PHASE

##### GOALS:

- Normalize shoulder kinematics
- Improve glenohumeral/periscapular strength
- Improve neuromuscular control shoulder complex
- Enhance proprioception

##### PRECAUTIONS:

- Avoid activities and motion in extreme ROM
- No stretching

**TREATMENT RECOMMENDATIONS:**

- Initiate isotonic strengthening
- Initiate eccentric exercises in 0° ABduction
- Improve neuromuscular control of shoulder complex
- Core stabilization
- Modalities: PRN
- HEP

**CRITERIA FOR ADVANCEMENT:**

- Full painfree ROM
- No pain or tenderness
- Progression of resistive exercises
- Satisfactory muscle strength

**PHASE III  
STRENGTHENING PHASE**

**GOALS:**

- Enhance dynamic stabilization
- Improve strength and endurance
- Improve neuromuscular control
- Initiate function activity training

**PRECAUTIONS:**

- None

**TREATMENT RECOMMENDATIONS:**

- Continue isotonic strengthening
- Continue eccentric strengthening
- Continue to progress with neuromuscular control drills
- Initiate isokinetics (ABD, ADD, IR, ER)
- Emphasize endurance
- HEP for maintenance

**CRITERIA FOR ADVANCEMENT:**

- Full painfree ROM
- No pain or tenderness
- Satisfactory isokinetic testing
- Satisfactory muscle strength

**PHASE IV  
RETURN TO ACTIVITY PHASE**

**GOALS:**

- Maintain strength, power, and endurance
- Progress to full unrestricted return to activity

**PRECAUTIONS:**

- None

**TREATMENT RECOMMENDATIONS:**

- Continue all exercises from Phase III
- Initiate interval sport program if appropriate
- HEP for maintenance