

Bonnie P. Gregory, MD
MULTIDIRECTIONAL INSTABILITY/STABILIZATION
REHABILITATION PROTOCOL

	Range of Motion	Sling	Exercises
<i>PHASE 1</i> <i>0-6 Weeks</i>	PROM only for 6 weeks Full gentle elbow, wrist, and hand ROM	Slingshot / Gunslinger Brace for 6 weeks	Isometrics in brace, gentle supported Codman exercises Grip Strengthening
<i>PHASE 2</i> <i>6-12 Weeks</i>	AROM only as tolerated to increase ROM; NO PT stretching or manipulation Restrict to 140° FF/ 40° ER at side/ IR to stomach/ 45° Abduction	Sling at night, can discontinue using the sling during the day	Scapular stabilization exercises avoiding anterior capsule stress Begin light isometrics for rotator cuff and deltoid, with arm at the side Can begin stationary bike
<i>PHASE 3</i> <i>3-12 Months</i>	If ROM lacking, increase to full with <u>gentle</u> passive stretching at end ranges		Only do strengthening 3x/week to avoid rotator cuff tendonitis Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per exercise for rotator cuff, deltoid, and scapular stabilizers Begin eccentric motions, plyometric (ex. Weighted ball toss), and closed chain exercises at 16 weeks Begin sports related rehab at 4 ½ months, including advanced conditioning

For any questions or concerns regarding the protocol or rehabilitation process please contact:

Dr. Gregory's Office:

Phone: 713-486-7080

Fax: 713-452-4143

<https://www.bonniegregorymd.com/>