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INSTABILITY

Patient Name: _____ Date: _____

Phase 1: (Protection) weeks 1-3

- Sling post-op or post dislocation.
- Modalities to decrease pain and swelling.
- Aarom, ff to 90. Abd to 45. Er to neutral.

Phase 2: (Motion) weeks 4-8

- Encourage aroam, ff-full. Abd -90. Er -45.
- After 6 weeks, motion as tolerated, closed chain, isometrics and ube.

Phase 3: (Early Strengthening) weeks 8-12

- Continue above and if doing well, add light weights.

Phase 4: (Sport specific strengthening program) week 12 on

- Prepare for return to activity.
- Goals:
 - Non contact sports 14 weeks post-op.
 - Contact sports 20-24 weeks post-op.
 - Throwing 24 weeks and after successful completion of throwers interval return program.

These times are for post reconstruction patients. Dislocation patients can advance as tolerated after phase 2.

FREQ: _____ DURATION: _____

SIGNATURE: _____, M.D.

ADDITIONAL COMMENTS: _____