

NASSOS ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

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PATIENT NAME: _____

DATE: _____

SHOULDER INSTABILITY

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 AROM. FF TO 180. ABD TO 90. ER TO 45.
AFTER 6 WEEKS, MOTION AS TOLERATED.
CLOSED CHAIN AND ISOMETRICS.

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 AT 24 WEEKS AND AFTER SUCCESSFUL
COMPLETION OF THROWERS INTERVAL PROGRAM.

THESE TIMES ARE FOR POST RECONSTRUCTION PATIENTS.
DISLOCATION PATIENTS CAN ADVANCE AS TOLERATED AFTER PHASE 2.

FREQUENCY: _____ DURATION: _____

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