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ANTERIOR INSTABILITY REHAB FRAMEWORK

PHASE I :

- Sling prn if initial episode, Gradual remobilization
- Elbow Active/Active-Assisted ROM : Flexion and Extension
- Hand, Wrist, Gripping exercises
- Modalities, Cryocuff / Ice, prn

PHASE II :

- Active-Assisted/Passive ROM to improve Forward Flexion in Scapula plane
 - (pulley exercises, wand exercises, pool)
- Pendulum exercises
- Deltoid, Rotator cuff isometrics in plane of Scapula
- PRE's for Scapular muscles, Latissimus, Biceps, Triceps
- Joint mobilization (posterior glides)

PHASE III :

- Active ROM to restore full ROM below Horizontal
- Restore Scapulohumeral rhythm
- Joint mobilization
- Scapular stabilization avoiding Anterior Capsule stress
- IR and limited arc ER below the horizontal plane
- Begin limited arc isotonic deltoid exercises in the plane of the scapula

PHASE IV :

- Restore full ROM in all planes
- Progress PRE's for cuff and scapular muscles, protecting capsule
- Emphasize rhythmic Scapular stabilization and eccentric strengthening program
- Begin endurance activities (UBE)

PHASE V :

- Eliminate strength deficits and maintain flexibility
- Isokinetics in modified neutral / plane of Scapula
- Begin plyometric training program for throwers
- Advanced proprioceptive training program
- Continue with endurance activities

PHASE VI :

- Isokinetic test
- Begin throwing / racquet program
- Return to full activity