

Official Health Care Partner



UAB MEDICINE

ORTHOPAEDIC SURGERY

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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Multidirectional Instability Stabilization

Sling for 6 weeks then wean out.

PHASE I

Weeks 0-6

WB status: NWB upper extremity

Motion: Focus on elbow/wrist/hand motion; no shoulder ROM expect for hygiene

Use modalities to decrease pain and inflammation

PHASE II

Weeks 6-12

WB status: NWB upper extremity

Motion: Begin active assisted forward elevation to 90 degrees and ER to 30 degrees; avoid pROM; IR in scapular plane and progress as tolerated

Start recumbent bike

PHASE III

Weeks 12-18

WB status: up to 10 lbs

Motion: full active assisted ROM, begin active range of motion and progress as tolerated

Strength: Initiate resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff; okay to jog and stationary upright bike