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PATIENT NAME:

DATE OF INJURY:

PHYSICAL THERAPY ORDER – Non-operative Treatment for Anterior Shoulder Instability (athlete)

Sling for 3-7 days, then for comfort only. Ok to wean out as tolerated thereafter.

PHASE 1 (MOTION)

Weeks 1

Goals: Slowly re-establish motion back to normal, prevent muscular atrophy, decrease pain/inflammation, allow capsule/labrum to heal

Motion: start with AAROM as tolerated and slowly proceed to AROM as tolerated, avoid the abducted / externally rotated position and any extreme positions

Gentle joint mobilizations

Isometrics (with arm at side)

Use modalities to decrease pain and inflammation

PHASE 2 (STRENGTH)

Weeks 2-3

Goals: Increase dynamic stability and strength, preserve motion

Initiate isotonic strengthening

Emphasis on ER and scapular strengthening

Neuromuscular control of shoulder complex

Avoid excessive stress on joint capsule (avoid the abducted / externally rotated position and any extreme positions)

PHASE 3 (ADVANCED STRENGTH)

Weeks 3-4

Goals: Improve power/strength, neuromuscular control, enhance dynamic stabilizations, prepare to return to pre-injury activities

Continue isotonic strengthening

Avoid excessive stress on joint capsule