



Amit Momaya, MD

Orthopedic Surgeon, Chief of Sports Medicine
Team Physician for UAB, Legion FC, and Bulls Hockey
Highlands Appointments: 205.930.8339
MomayaMD.com

PATIENT NAME:

INJURY:

DATE OF INJURY:

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

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

PHASE 1 (MOTION)

Weeks 0-4

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 4-8

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

PHASE 3 (ADVANCED STRENGTH)

Weeks 8-12

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