

Physical/Occupational Therapy Prescription

Name: _____ Date of Birth: _____

Diagnosis: Multidirectional Instability Code: S43.08x

Instructions:

- Muscles to focus upon: *Rhomboids, Trapezius, Levator, and Deltoid.*
- Phase I:
 - o Goals: Initiate voluntary control of scapula and humeral head position in 0° of abduction
 - o Voluntary control of the humeral head and scapula in 0° to 45° of abduction
 - o Suggested exercises:
 - Scapular upward rotation, *1-3x 20 reps for 5 sec hold 2x/day*
 - If unable to perform 5 reps do side-lying scapular upward rotation
- Phase II:
 - o Goals: Improve strength of the posterior musculature involved in flexion
 - o Suggested exercises:
 - Scapular upward rotation standing, *1-3x 20 reps 1-2x/day*
 - External rotation with Thera band (do side lying if necessary)
 - Bent over row progress from *0.5 kg to 2 kg*. Keep in neutral extension
 - Extension row with Thera band at 45° of abduction. Keep in neutral rotation.
- Phase III:
 - o Goals: Achieve scapular control in the sagittal plane
 - o Achieve motion in scapular plane to 45° elevation and sagittal plane to 45° elevation
 - Scapular upward rotation standing, work from coronal to sagittal plane *1-3x20 reps 2x/day, progress from 0-2 kg*
 - 0- 45° flexion in the scapular plane *1-3x20 reps 2x/day*
 - **During flexion palpate the humeral head to assess unwanted posterior translation. If the patient is unable to maintain humeral head control return to stage II.
- Phase IV:
 - o Goals: Achieve scapular control at 90° abduction
 - o Achieve scapular control through 0° to 90° motion in abduction.
 - External rotation standing from 45° to 90° abduction *1-3x20reps 2x/day*
 - External rotation drills at 90° abduction, Internal rotation drills at 90° abduction, Flexion to 90° abduction, External row standing, at 90° abduction
 - Perform all the above *1-3x20 reps 2x/day progressing in weight resistance.*
- Phase V:
 - o Goals: Strengthen anterior, middle and posterior deltoid.
 - Posterior: bent over row from 0° to 45° to 90° abduction
 - Anterior: flexion with Thera Band (sitting/standing) short lever flexion with weight *1-3x8-20reps at 0-4 kg*
 - **perform posterior deltoid drills then progress to anterior and then to middle.
- Phase VI:
 - o Goals: Scapular control over 90° of abduction/elevation
 - o Incorporate into sport specific or function specific exercises

- Progress external rotation from 90° to full range of motion
- Progress internal rotation from 90° to full range of motion
- Progress flexion from 90° to full range of motion
- Progress deltoid drill in phase V to exceed 90°
- Incorporate trunk stability: Increase reps, frequency, and weight as fit per patient.

- Please provide with a home exercise program to be performed throughout
- Progress as tolerated.

Modalities

☐ Electrical Stimulation

☒ Heat

☐ Ice

☒ Per therapist

Frequency: 2-3 times/week

Duration: 12 Weeks

Signature: _____ Date: _____