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**SHOULDER INSTABILITY
PHYSICAL THERAPY PROTOCOL**

- WEEK 0-3** Pendulums, ROM elbow, wrist and hand
PROM: scapular plane elevation to 90dg; ER to neutral
Scapula AROM: elevation and retraction
- WEEK 3-4** PROM: scapular plane elevation to 140dg; ER to 30dg; IR
AAROM: scapular plane elevation and ER to above limits
Pulleys
Scaption isometrics @ 30dg (against gravity)
- WEEK 4-6** PROM: scapular plane elevation to 165dg; ER to 40dg
AROM: scaption- supine @ 4wks, standing @ 5wks
Sidelying ER
Bodyblade: scaption @ 0dg, ER/IR - * not aggressive*
Dynamic weight bearing on ball (bilateral)
- WEEK 6-8** PROM: scapular plane elevation to full; ER to 60dg
ER/IR with resistive tubing
ER/IR standing with weight
Resisted scaption
Upper Body Ergometer
PNF D2 diagonal – AROM to light resistance
- WEEK 8-10** PROM: to tolerance including cocking (ER @ 90dg ABD)
Bodyblade horizontal abd/add
Supine cocking with weight (eccentric emphasis)
Supine PNF D2 diagonal with weight (eccentric emphasis)
Dynamic weight bearing on ball (unilateral)
- WEEK 10+** Rebounder cocking and backhand toss
Push ups
Increase speed of training
Increase emphasis on eccentric control of cocking