

**MULTIDIRECTIONAL INSTABILITY REPAIR**  
**PHYSICAL THERAPY PROTOCOL**

Recommend 2-3x/week for 8 weeks  
Please contact office for renewal as needed

Weeks 0-6	<ul style="list-style-type: none"> <li>• Slingshot/gunslinger brace for 6 weeks</li> <li>• Isometrics in brace, gentle supported Codman exercises</li> <li>• PROM only for 6 weeks</li> <li>• Grip strengthening, elbow ROM, wrist ROM</li> </ul>
Weeks 7-12	<ul style="list-style-type: none"> <li>• Sling at night, can discontinue using the sling during the day</li> <li>• AROM only as tolerated to increase ROM; no PT stretching or manipulation</li> <li>• Restrict to forward flexion 140°/40° ER at side/IR to stomach/45° abduction</li> <li>• Scapular stabilization exercises avoiding anterior capsule stress</li> <li>• Begin isometrics for rotator cuff and deltoid, with arm at the side</li> <li>• Can begin stationary bike</li> </ul>
Months 3-12	<ul style="list-style-type: none"> <li>• Advance strengthening as tolerated: isometrics → bands → light weights (1-5 lbs); 8-12 reps/2-3 set per exercise for rotator cuff, deltoid, and scapular stabilizers</li> <li>• Only do strengthening 3x/week to avoid rotator cuff tendinitis</li> <li>• If ROM lacking, increase to full with gentle passive stretching at end ranges</li> <li>• Begin eccentrically resisted motions, plyometrics (e.g. weight ball toss), proprioception (e.g. body blade)</li> <li>• Begin sports-related rehab at 4.5 months, including advanced conditioning</li> <li>• Return to throwing at 6 months, throw from pitcher's mound at 9 months</li> <li>• No collision sports allowed</li> </ul>