



Atraumatic Multidirectional Instability

Rehab Guidelines / Goals

- 1) Improve efficiency and effectiveness of force couples of the glenohumeral joint.
 - 2) Establish dynamic stabilization of the humeral head
 - 3) Prevent/decrease recurrence
 - 4) Improve proprioceptive sensory input
- Rotator Cuff Strengthening
 - Shoulder flexion
 - Scaption
 - Abduction
 - Extension
 - Internal/External Rotation
 - Scapular Stabilizer Strengthening
 - Bent Over Rows
 - Theraband Rows
 - Prone Shoulder Flexion
 - Shoulder Horizontal Abduction
 - Seated Rows
 - Lat Pull Downs
 - Deltoids, Biceps, Triceps Strengthening

Rhythmic Stabilization:

*Must work within the patients ROM limitations.

1. Patient standing in front of treatment table with involved arm by their side. Palm is fixed on plyoball. Patient can work flexion/extension. ABD/ADD, and circumduction.
2. Patient lying supine on treatment table with involved arm @ 90 degrees. Palm is fixed on plyoball. Patient can work flexion/extension. ABD/ADD, and circumduction.
3. Patient is seated/standing with arm flexed in appropriate ROM. Palm is fixed on Swiss ball. Patient can work circumduction, ABD/ADD, protraction/retraction.

Intermediate Exercises:

1. Patient lying prone, shoulder is flexed to 90 degrees. Patient can work short flexion/extension motion, short diagonal motions, short horizontal ABD/ADD and circumduction.
2. Swiss ball fixed against wall, patient's hand is fixed on Swiss ball. Work circumduction, flexion/extension, horizontal ABD/ADD.

Advanced Exercises:

Body Blade:

1. Shoulder IR/ER.
2. Shoulder at 90 degrees flexion
3. Shoulder at 90 degrees abduction
4. Shoulder flexion 0 degrees through 90 degrees
5. Shoulder abduction 0 degrees through 90 degrees

Dynamic Stabilization:

1. Patient bent over treatment table with a towel under the palm of the involved arm. Work flexion/extension, ADD/ABD.
2. Patient in quadruped position over slide board. Work flexion/extension, ABD/ADD, diagonals and circumduction.

Intermediate/Advanced Exercises:

1. Patient in quadruped position over BAPS. Work front/back touches, side to side touches, circumduction. Progress to modified push up position.
2. Patient in modified push up position over slide board. Work flexion/extension, horizontal ABD/ADD.
3. Modified push up with a plus.
4. Shoulder press ups.

Plyometrics

1. Two-hand chest pass utilizing plyoball and trampoline.
2. Two-hand lateral passes utilizing plyoball and trampoline.

Advanced:

1. One-hand plyoball toss with shoulder at 90 degrees and elbow at 90 degrees.

Joint Positioning

1. Position patients shoulder in desired ROM. Let the patient know that this is the starting and finishing point. Move the patient out of position and give them a cue to return to the starting position.

*Progress to eyes closed, with weight, eyes closed with weight

Instruct in maintenance program prior to discharge