



Sports Medicine & Shoulder Surgery

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
- 5) Rotator Cuff Strengthening
 - Shoulder flexion
 - Scaption
 - Abduction
 - Extension
 - Internal/External Rotation
- 6) Scapular Stabilizer Strengthening
 - Bent Over Rows
 - Theraband Rows
 - Prone Shoulder Flexion
 - Shoulder Horizontal Abduction
 - Seated Rows
 - Lat Pull Downs
- 7) 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 with Body Blade:

- 1) Shoulder IR/ER
- 2) Shoulder at 90 degrees flexion



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- 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 Exercises:

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.
- 2) Progress to eyes closed, with weight, eyes closed with weight Instruct in maintenance program prior to discharge.

Courtesy of Vanderbilt Sports Medicine