

Randy Clark, MD
Revere Health Coral Desert Orthopedics
2825 south mall drive
St. George, UT 84790
435-628-9393 phone
435-628-9382 fax

Anterior Instability Rehabilitation Framework

Phase 1

Immobilization 3-6 weeks if initial episode
Modalities (ie. Cryo-cuff) PRN
Elbow ROM activities
Wrist and gripping exercises.

Phase 2

AAPROM to improve forward flexion
Pendulum exercises
Deltoid, Rotator Cuff isometrics in plane of scapula
PRE's for scapular muscles, latissimus, biceps, triceps
Joint mobilization, (posterior glide)

Phase 3

AROM activities to restore full ROM below horizontal
Restore scapulohumeral rhythm
Joint mobilization
Scapular stabilization avoiding anterior capsule stress.
IR and limited ARC ER below the horizontal plane.
Begin limited arc isotonic deltoid exercises in the plane of the scapula

Phase 4

Restore full ROM in all planes
Progress PRE'S for cuff and scapular muscles protecting capsule.
Emphasize scapular stabilization and eccentric strengthening program.
Begin endurance activities (UBE)

Phase 5

Eliminate strength deficits and maintain flexibility
Isokinetics in modified neutral plane of scapula
Progress from modified neutral into abduction for throwers

Begin plyometrics training program for throwers.
Advanced proprioceptive training program
Continue with endurance activities

Randy Clark, MD
Revere Health Coral Desert Orthopedics
2825 south mall drive
St. George, UT 84790
435-628-9393 phone
435-628-9382 fax

Phase 6

Isokinetic testing
Begin throwing/ racquet program
Return to full activity

Please see pt. 2-3 times per week for 6 weeks.

Send notes

Modalities PRN