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MULTI-DIRECTIONAL INSTABILITY – CAPSULAR PPLICATION REHABILITATION PROTOCOL

Patient:

Date of Surgery:

0 - 6 Weeks

- Elbow/wrist/hand exercises
- Pendulum exercises – begin at 4 weeks
- Sling when not performing pendulums

6 - 8 Weeks

- Stage I – Active Assisted ROM
- Wean Sling

8 - 12 Weeks

- Stage II – Active ROM

12 - 16 Weeks

- Stage III – Strengthening (theraband exercises)
- Progress to weight training at 16 weeks
- Add terminal stretching at 16 weeks

9 - 12 Months

- Return to contact sports

ROM Restrictions:

IR: for weeks

ER: for weeks

Special Instructions/Modifications to Protocol:

PLEASE SEE RE: REHAB as per PROTOCOL

THANK YOU!