

Dr. Bercik Physical Therapy Protocol

Non-operative Treatment of Anterior Instability

Work and activity restrictions:

- Sling immobilization until discomfort resolves
 - May return to work or sport once full painless, active ROM and strength returns
 - No external rotation past 90 degrees or “90/90 positions”^{*} for 6 weeks
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Phase I (0 – 2 weeks): Reduction of Inflammation

- Sling immobilization until discomfort of initial event resolves (Usually, < 1 week)
- NSAIDs
- After deltoid fires, begin pendulums with 3-4 sets of 30 repetitions each
- Scapular retraction exercises
- Elbow/Wrist/Hand exercises immediately

Phase II (2 – 6 weeks): Range of Motion

- Discontinue sling
- JPL Exercises Phases I & II
- Begin formal PT – Deltoid & Rotator Cuff Isometric exercises, proprioceptive exercises; Monitor JPL exercises and return of ROM

Phase III (6 weeks+): Strengthening and Proprioception

- Begin JPL Exercises Phase III
- May begin abduction and external rotation positions to 90 degrees

^{*}“90/90 position” means 90 degrees of abduction and 90 degrees of external rotation; I.e., the position of apprehension.