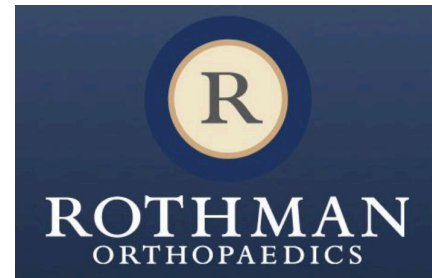


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**Multidirectional Instability Capsular Physical Therapy Protocol/Prescription**

Name \_\_\_\_\_

Diagnosis s/p RIGHT/LEFT Capsular Shift

Date of Surgery \_\_\_\_\_

Frequency: \_\_\_\_\_ times/week      Duration: \_\_\_\_\_ Weeks

\_\_\_\_\_ Weeks 0-6:

Slingshot / Gunslinger Brace for 6 weeks  
Isometrics in brace, gentle supported Codman exercises  
PROM only for 6 weeks  
Grip strengthening, elbow ROM, wrist ROM

\_\_\_\_\_ Weeks 6-12:

Sling at night, can discontinue using the sling during the day  
AROM only as tolerated to increase ROM; no PT stretching or manipulation  
Restrict to 140°FF/ 40°ER at side/ IR to stomach 45°Abduction  
Scapular stabilization exercises avoiding anterior capsule stress  
Begin light isometrics for rotator cuff and deltoid, with arm at the side  
Can begin stationary bike

\_\_\_\_\_ Months 3-12:

Advance strengthening as tolerated: isometrics  bands  light weights (1-5 lbs); 8-12 reps/2-3 set per exercise for rotator cuff, deltoid, and scapular stabilizers  
Only do strengthening 3x/week to avoid rotator cuff tendonitis  
If ROM lacking, increase to full with gentle passive stretching at end ranges  
Begin eccentric motions, plyometrics (ex. Weighted ball toss), and closed chain exercises at 16 weeks  
Begin sports related rehab at 4 months, including advanced conditioning  
Return to throwing at 6 months  
Throw from pitcher's mound at 9 months  
No collision sports allowed  
MMI is usually at 12 months

\_\_\_\_\_ Functional Capacity Evaluation \_\_\_\_\_ Work Hardening/Work Conditioning  Teach HEP

\_\_\_\_\_ Electric Stimulation \_\_\_\_\_ Ultrasound \_\_\_\_\_ Iontophoresis \_\_\_\_\_ Phonophoresis  Heat before  
 Ice after \_\_\_\_\_ Trigger points massage \_\_\_\_\_ TENS  Therapist's discretion

Signature \_\_\_\_\_ Date \_\_\_\_\_