

## Physical/Occupational Therapy Prescription

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Diagnosis: Multidirectional Instability Code: S43.08x

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### Instructions:

- Muscles to focus upon: *Rhomboids, Trapezius, Levator, and Deltoid*.
- Phase I:
  - o Goals: Initiate voluntary control of scapula and humeral head position in 0° of abduction
  - o Voluntary control of the humeral head and scapula in 0° to 45° of abduction
  - o Suggested exercises:
    - Scapular upward rotation, *1-3x 20 reps for 5 sec hold 2x/day*
    - If unable to perform 5 reps do side-lying scapular upward rotation
- Phase II:
  - o Goals: Improve strength of the posterior musculature involved in flexion
  - o Suggested exercises:
    - Scapular upward rotation standing, *1-3x 20 reps 1-2x/day*
    - External rotation with Thera band (do side lying if necessary)
    - Bent over row progress from *0.5 kg to 2 kg*. Keep in neutral extension
    - Extension row with Thera band at 45° of abduction. Keep in neutral rotation.
- Phase III:
  - o Goals: Achieve scapular control in the sagittal plane
  - o Achieve motion in scapular plane to 45° elevation and sagittal plane to 45° elevation
    - Scapular upward rotation standing, work from coronal to sagittal plane *1-3x20 reps 2x/day, progress from 0-2 kg*
    - 0- 45° flexion in the scapular plane *1-3x20 reps 2x/day*
    - **\*\*During flexion palpate the humeral head to assess unwanted posterior translation. If the patient is unable to maintain humeral head control return to stage II.**
- Phase IV:
  - o Goals: Achieve scapular control at 90° abduction
  - o Achieve scapular control through 0° to 90° motion in abduction.
    - External rotation standing from 45° to 90° abduction *1-3x20reps 2x/day*
    - External rotation drills at 90° abduction, Internal rotation drills at 90° abduction, Flexion to 90° abduction, External row standing, at 90° abduction
      - Perform all the above *1-3x20 reps 2x/day progressing in weight resistance.*
- Phase V:
  - o Goals: Strengthen anterior, middle and posterior deltoid.
    - Posterior: bent over row from 0° to 45° to 90° abduction
    - Anterior: flexion with Thera Band (sitting/standing) short lever flexion with weight *1-3x8-20reps at 0-4 kg*
    - **\*\*perform posterior deltoid drills then progress to anterior and then to middle.**
- Phase VI:
  - o Goals: Scapular control over 90° of abduction/elevation
  - o Incorporate into sport specific or function specific exercises

- Progress external rotation from 90° to full range of motion
- Progress internal rotation from 90° to full range of motion
- Progress flexion from 90° to full range of motion
- Progress deltoid drill in phase V to exceed 90°
- Incorporate trunk stability: Increase reps, frequency, and weight as fit per patient.

- Please provide with a home exercise program to be performed throughout
- Progress as tolerated.

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**Modalities**

Electrical Stimulation

Heat

Ice

Per therapist

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Frequency: 2-3 times/week

Duration: 12 Weeks

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