

UNSTABLE SHOULDER: NON-SURGICAL MANAGEMENT CLINICAL PRACTICE GUIDELINE

Disclaimer

- Progression is time and criterion-based, depending on soft tissue healing, patient demographics, and clinician evaluation.
- For questions, contact Dr. Sujan Gogu's clinic.

Phase 1: Weeks 0-2

ROM

- Assisted active range of motion (AAROM) to active range of motion (AROM)
- Avoiding external rotation (ER) and abduction (ABD)

Strength

Rotator cuff (RTC) exercises:

ER at 0 degrees abduction: from side lying to standing.

Periscapular musculature:

Proprioceptive Neuromuscular Facilitation (PNF), emphasizing scapular retraction

Neuromuscular Stability

- Rhythmic isometrics for ER and IR

Criterion of Progression to next phase

1. Alleviate pain.
2. Enhance range of motion (ROM)

Phase 2: Weeks 2-6

ROM

- Stretch posterior cuff using the sleeper stretch.
- Avoid overstretching weakened structures during posterior joint mobilization

Strength

- **RTC and Scapular Strengthening:**
 1. Gradually advance strengthening and stability exercises towards instability positions.
 2. Perform ER exercises at 45 degrees abduction.
- Prone Exercises:
 - Work on scaption, abduction, and extension.
 - Use PNF techniques (manual and T-band) and functional strengthening.
 - Incorporate perturbations in all exercises, starting from proximal and moving distal.
 - **Trunk and Lower Extremity Strengthening:**
 - Engage trunk and lower extremity muscles using unstable

Neuromuscular Stability

- RTC and Scapular Stabilizers:**
 - Perform weight-bearing and non-weight-bearing exercises.
 - Focus on proximal to distal perturbations.
 - Use PNF and functional strengthening techniques.
 - Progress from stable to unstable surfaces (e.g., BOSU, Dynadiscs).
 - Include plyometric exercises at 0 and 45 degrees

Criterion of Progression to next phase

1. Achieve normalized movement.
2. Enhance strength and stability of RTC and scapular stabilizers.
3. Correct mechanics of the glenohumeral and scapulothoracic joints)

Phase 3: Weeks 6-12

ROM

- Maintain normal osteokinematic and arthrokinematic movement.
- Incorporate stretching (ensure warm-up beforehand).
- Focus on stretching internal rotators and posterior capsule.

Strength

RTC and Scapular Strengthening:

- Perform Thrower's Ten exercises.
- Engage in ER exercises at 90 degrees abduction.
- Emphasize eccentric control.
- Continue and advance trunk and lower extremity (LE) strengthening.

Neuromuscular Stability

- Weight-bearing (WB) Plyometrics.
- Non-weight-bearing (NWB) Plyometrics at 90 degrees abduction
- Include perturbations.
- Increase speed and adjust accuracy of tosses.
- Increase repetitions to build endurance.

Criterion of Progression to next phase

1. Enhance dynamic functional strength.
2. Improve neuromuscular control at various angles towards unstable positions.
3. Ensure no signs of instability or biomechanical impingement

Phase 4: Months 2-6 - Sports Specific Training

Initiate Throwing Program

- Achieve full functional ROM.
- Attain 5/5 strength in RTC testing.
- Maintain isokinetic ER/IR ratios between 66-75%.

Goals

1. Maintain full functional ROM.
2. Achieve 5/5 strength in RTC.
3. Ensure isokinetic ER/IR ratios are within 66-75%.
4. Emphasize good mechanics during training.