

Dr. Curtis Noel's Protocol for:

**MULTIDIRECTIONAL
INSTABILITY**



Sling Use:		<p>Gunslinger or External Rotation Sling for 8 weeks</p> <p>***NO PT WEEKS 0-4</p>
Phase I: (Passive)	Week 4-8	PROM
Phase II: (Active/Assistive)	Week 9-12	<ul style="list-style-type: none"> • No pendulums or terminal stretch • Active range of motion to prescribed limits. • Supine-Seated External Rotation - Full • Supine-Seated Forward Elevation - Full • Internal Rotation – Full <ul style="list-style-type: none"> ○ Gradually increase all three in the active program
Phase III: (Resisted)	Week 14-15	<ul style="list-style-type: none"> • Continue phase 2 • Begin resisted (terminal stretch and pendulums when indicated, e.g. if shoulder is very stiff) • External and Internal Rotation • Standing forward punch • Seated rows • Shoulder Shrugs • Bicep Curls • Bear Hugs
Weight Training:	Week 15	<ul style="list-style-type: none"> • Avoid anterior and posterior capsular stress. • Keep hands within eyesight, Keep elbows bent. • Minimize overhead activities (No Military press, pulldown behind head, or wide grip bench)
Return to activities:	Immediately	Computer, eating, holding a book, typing, writing
	3-6 months	Recreational Sports
	6 months	Contact Sports