

Name _____

Date _____

Physician _____



proaxistherapy™

**Patient
Flow Sheet**

Multi Directional Instability

Sling/Brace for 8 weeks.

Program may vary depending on surgery

Anterior Inferior: Brace forward

Posterior Inferior: Brace slight external rotation

Phase 1 - (ACTIVE) *No pendulums or terminal stretch*
Sling for 2 weeks after brace
Active range of motion to prescribed limits
Isometrics

Week 9-11 Supine→Seated External Rotation – Full
Supine→Seated Forward Elevation – Full
Internal Rotation – Full
**gradually increase all three in the active program.*

Ant. Inferior: Forward elevation in frontal plane.

Post. Inferior: Forward elevation in plane of the scapula.

Phase 2- (RESISTED) *Continue phase 1- Begin resisted (terminal stretch and pendulums when indicated, e.g if shoulder is **very** stiff).*

Week 12-15 External and Internal Rotation
Standing forward punch
Seated rows
Shoulder Shrugs

Weight Training

Avoid anterior and posterior capsular stress.
Avoid heavy weighted distraction.
Week 16 Keep hands within eyesight, Keep elbows bent.
Minimize overhead activities.
(No Military press, pulldown behind head, or wide grip bench)
Anterior Inferior stabilization to avoid stress at 90/90° position.
Use narrow grip with bar exercises
Posterior Inferior stabilization-avoid cross body stress
Use medium to wide grip.

Return to Activities

Recreational Sports 6 months
Swimming 6 months
Contact sports 8 months

Surgeon Comments:

Therapist Name _____