GALLAND/KIRBY MULTI-DIRECTIONAL SHOULDER INSTABILITY (PAN CAPSULAR Plication)
REHABILITATION PROTOCOL

GENERAL CONSIDERATIONS

• Evaluate overall laxity of patient’s joints
• Avoid stressing suture line during early healing. General rule is no stress for 6 weeks, progress stress after 6 weeks.
• Modify strengthening exercise positions to protect the capsular repair site.

POST-OP DAYS 1 – 14

• Sling with external rotation brace x 6 weeks – Even while sleeping
  - Maintain shoulder in neutral rotation, not IR
  - Place pillow under shoulder / arm while sleeping for comfort
• Hand squeezing exercises
• Elbow and wrist active motion (AROM) with shoulder in neutral position at side
• Supported pendulum exercises
• Shoulder shrugs / scapular retraction without resistance
• Ice pack

GOALS

• Pain control
• Protection

WEEKS 2 – 6

• Continue sling x 6 weeks
• Continue appropriate previous exercises
• Full pendulum exercises
• Submaximal isometrics x 6 (pain-free)
• UBE – Forwards and backwards at low resistance – 4 WEEKS
• Resisted elbow / wrist exercises (light dumbbell)
• Active assisted motion (AAROM) supine with wand
  - Flexion to 90 degrees
Abduction to 45 degrees
- ER to 25 degrees
- NO IR x 6 weeks

- 1-2 Finger Isometrics x 6 (fist in box)
- Stationary bike (must wear sling)

**GOAL**
- AAROM Flexion to 90 degrees, Abduction 45 degrees
- 3/5 MMT deltoid + rotator cuff

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**WEEKS 6 – 12**
- D/C Sling Continue appropriate previous exercises
- AAROM (wand, wall climb, pulleys, doorway stretch) through full range
- PROM / mobilization as needed to regain full ROM
- AROM through full range
- Rotator cuff strengthening with light Theraband
  - ER and IR with arm at side and pillow or towel roll under arm
  - Flexion to 90 degrees
  - Abduction to 90 degrees
  - Scaption to 90 degrees
  - Extension to 45 degrees
- Prone scapular retraction exercises with light weight
- Standing rows with Theraband
- Push-up progression – Wall to table (no elbow flexion > 90 degrees)
- Body Blade
- Ball on wall (arcs, alphabet)
- Seated row with light resistance
- BAPS on hands
- Ball toss with arm at side
- Treadmill – Walking to running progression program
- Elliptical trainer / Stairmaster
- Pool walking / running – No UE resistive exercises

**GOALS**
- Full AROM
- Normal rotator cuff strength
- 30 wall push-ups progressing to 30 table push-ups
MONTHS 3 – 4
- Continue appropriate previous exercises
- Fitter on hands
- Ball toss overhead
- Push-up progression – Table to chair (no elbow flexion > 90 degrees)
- Weight training with light resistance
  - No elbow flexion > 90 degrees with bench, dips, etc.

GOALS
- Run 2 miles at easy pace
- 30 chair push-ups

MONTHS 4 – 6
- Continue appropriate previous exercises
- Push-ups, regular – No elbow flexion > 90 degrees
- Sit-ups
- Swimming
- Running progression to track
- Progressive weight training – No elbow flexion > 90 degrees
- Transition to home / gym program

GOAL
- Resume all activities

*NO CONTACT SPORTS UNTIL 6 MONTHS POST-OP*
SHOULDER POST-OP PHASE I

Perform exercises below frequently: 30 reps, 3 – 5x a day

- Grip Squeeze
- Elbow active range of motion
- Pendulum
- Shoulder Shrugs

Ice x 10-15min 2-3 x per day