

Inferior Capsular Shift Classic Multidirectional Instability

0-6 weeks

- Arm held in brace, slightly abducted in neutral rotation
- Gentle isometric exercises with elbow ROM's

6 weeks

- Discontinue brace and ROM's gradually introduced slowly

12 weeks

- Progressive strengthening

9-12 months

- Contact sports

Bidirectional instability without posterior component 0-10 days

- Sling immobilization with elbow/wrist ROM's

10 days to 2 weeks

- Isometrics and external rotation to 10 degrees, forward elevation 90 degrees

2-4 weeks

- Isometrics and external rotation to 30 degrees, forward elevation 140 degrees

4-6 weeks

- External rotation to 40 degrees, forward elevation to 160 degrees
- Resistance exercises begun

6 weeks

- External rotation to 50 degrees, forward elevation 180 degrees with resistance exercises

3 months

- External rotation increase from 50 degrees
- Strengthening begins with arm in neutral below 90 degrees

4-12 months

- Return to contact sports