

Galland/Kirby Multidirectional Shoulder Instability Therapy Protocol



DR. EASTWOOD

GENERAL CONSIDERATIONS

- Evaluate overall laxity of patient's joints
- Avoid stressing suture line during early healing. General rule is to not stress for 6 weeks, progress stress after 6 weeks.
- Modify strengthening exercises' positions to protect the capsular repair site
- NO CONTACT SPORTS UNTIL 6 MONTHS POSTOPERATIVE

POSTOPERATIVE PHASE I:

(1-14 Days)

- Sling with external rotation brace for 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

*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

250 S. MAIN STREET, SUITE 224A
BLACKSBURG, VA 24060
P 540.552.7133 | F 540.552.7143
ORTHOVIRGINIA.COM

POSTOPERATIVE PHASE II: (2-6 Weeks)

- Continue sling for 6 weeks
- Continue appropriate previous exercises
- Full pendulum exercises
- Submaximal isometrics for 6 weeks (pain free)
- UBE – forwards and backwards at low resistance for 4 weeks
- Resisted elbow/wrist exercise (light dumbbells)
- Active-assisted range of motion (AAROM) supine with wand
 - Flexion to 90°
 - Abduction to 45°
 - ER to 25°
 - NO IR for 6 weeks
- 1-2 finger isometrics for 6 weeks (fist in box)
- Stationary bike (must wear sling)

GOALS

- AAROM flexion to 90°, abduction 45°
- 3/5 MMT deltoid + rotator cuff

POSTOPERATIVE PHASE III: (6-12 Weeks)

- 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°
 - Abduction to 90°
 - Scaption to 90°
 - Extension to 45°
- Prone scapular retraction exercises with light weight
- Standing rows with TheraBand®
- Pushup progression – wall to table (no elbow flexion >90°)
- Body blade
- Ball on wall (arc, 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 pushups progression to 30 table pushups

POSTOPERATIVE PHASE IV: (3-4 Months)

- Continue appropriate previous exercise
- Fitter on hands
- Ball toss overhead
- Pushup progression – table to chair (no elbow flexion >90°)
- Weight training with light resistance
 - No elbow flexion >90° with bench, dips, etc.

GOALS

- Run 2 miles at easy pace
- 30 chair pushups

POSTOPERATIVE PHASE V: (4-6 Months)

- Continue appropriate previous exercises
- Pushups, regular – no elbow flexion >90°
- Sit-ups
- Swimming
- Running progression to track
- Progressive weight training – no elbow flexion >90°
- Transition to home/gym program

GOALS

- Resume all activities

Developed by: Mark Galland, M.D.; Kenneth Kirby, PT, DPT

Adapted from: Physical Therapy Section, William Beaumont Army Medical Center