



Galland/Kirby Multi-Directional Shoulder Instability Therapy Protocol

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General Considerations:

- Evaluate overall laxity of patient's joints
- Avoid stressing suture line during early healing. General rule is 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 POST-OP

Postoperative Phase I: 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

Postoperative Phase II: Weeks 2-6

- Continue sling x 6 weeks
- Continue appropriate previous exercises



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- Full pendulum exercises
- Submaximal isometrics x 6 (pain0free)
- UBE – Forwards and backwards at low resistance –4weeks
- Resisted elbow/wrist exercise (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

Postoperative Phase III: 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 degree
 - 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)



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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 push-ups progression to 30 table push-ups

Postoperative Phase IV: Months 3-4

Continue appropriate previous exercise
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

Postoperative Phase V: Months 4-6

Continue appropriate previous exercises
Push-ups, regular – No elbow flexion > 90 degrees



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Sit-ups

Swimming

Running progression to track

Progressive weight training – No elbow flexion > 90 degrees

Transition to home/gym program

Goals

Resume all activities

Developed by: Mark Galland, MD, Kenneth Kirby, PT, DPT

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