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
  o  Maintain shoulder in neutral rotation, not IR
  o  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
  o Flexion to 90 degrees
  o Abduction to 45 degrees
  o ER to 25 degrees
  o 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
  o ER and IR with arm at side and pillow or towel roll under arm
  o Flexion to 90 degrees
  o Abduction to 90 degrees
  o Scation to 90 degreed
  o 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
  o 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