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Practice Limited to
Orthopedic Surgery
Joint Replacement
Arthroscopy
Sports Medicine
Children's Orthopedics
Trauma
Podiatric Medicine

INSTABILITY

PATIENT NAME: _____
DATE: _____

PHASE 1: (PROTECTION) WEEKS 1-3
SLING POST OP OR POST DISLOCATION
MODALITIES TO DECREASE PAIN AND SWELLIING
AAROM, FF TO 90, ABD TO 45, ER TO NEUTRAL

PHASE 2: (MOTION) WEEKS 4-8
ENCOURAGE AROM, FF-FULL, ABD TO 90, ER TO 45
AFTER 6 WEEKS MOTION AS TOLERATED, CLOSED CHAINS,
ISOMETRICS

PHASE 3: (EARLY STRENGTHENING) WEEKS 8-12
CONTINUE ABOVE AND IF DOING WELL LIGHT WEIGHTS

PHASE 4: (SPORT SPECIFIC STRENGTHENING PROGRAM) WEEK 12 ON
PREPARE FOR RETURN TO ACTIVITY

GOALS: NON CONTACT SPORTS 14 WEEKS POST OP
CONTACT SPORTS 20-24 WEEKS POST OP

THROWING 24 WEEKS AND AFTER SUCCESSFUL THROWERS

INTERVAL PROGRAM

THESE TIMES ARE FOR POST RECONSTRUCTION PATIENTS.
DISLOCATION PATIENTS CAN ADVANCE AS TOLERATED AFTER PHASE 2

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Frequency: _____ **Duration:** _____

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Signature: _____, MD

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