

**Gregory Galano, MD**  
www.gregorygalanomd.com  
phone: 212-737-3301  
fax: 212-734-0407  
license #: 241830

**Patient Name:**

**Date:**

**Shoulder Rehabilitation:  
Anterior Instability**

**PHASE I:**

Sling PRN if initial episode, Gradual remobilization

- Elbow Active/Active-Assisted ROM : Flexion and Extension
- Hand, Wrist, Gripping exercises
- Modalities, Cryocuff / Ice, prn

**PHASE II:**

Active-Assisted/Passive ROM to improve Forward Flexion in Scapula plane

- (pulley exercises, wand exercises, pool)
- Pendulum exercises
- Deltoid, Rotator cuff isometrics in plane of Scapula
- PRE's for Scapular muscles, Latissimus, Biceps, Triceps
- Joint mobilization (posterior glides)

**PHASE III:**

Active ROM to restore full ROM below Horizontal

- Restore Scapulohumeral rhythm
- Joint mobilization
- Scapular stabilization avoiding Anterior Capsule stress
- IR and limited arc ER below the horizontal plane
- Begin limited arc isotonic deltoid exercises in the plane of the scapula

**PHASE IV:**

Restore full ROM in all planes

- Progress PRE's for cuff and scapular muscles, protecting capsule
- Emphasize rhythmic Scapular stabilization and eccentric strengthening program
- Begin endurance activities (UBE)

**PHASE V:**

Eliminate strength deficits and maintain flexibility

- Isokinetics in modified neutral / plane of Scapula
- Begin plyometric training program for throwers
- Advanced proprioceptive training program
- Continue with endurance activities

**PHASE VI:**

Isokinetic test

- Begin throwing / racquet program
- Return to full activity

Please send progress notes.

**Physician's Signature:** \_\_\_\_\_  
**Gregory Galano, MD**