Musculoskeletal (MSK) South
Multi-Directional Instability Framework

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MSK South Multi-Directional Instability Framework

As part of the continued professional development of the physiotherapists within the MSK South team this framework has been developed.

The framework was written by Mr Kenneth Cheng, Orthopaedics Consultant and the MSK South Physiotherapists; Iain Cowie, Mandy Monaghan, Christine Wallace, Arlene Walker, Gillian Hannah, Jean Phillips, Stuart Buchan, Helen Brown, Rhona Rae, Paula Reid, Jennifer Jones, Moira Paton, Suzanne Campbell, Janine Dickie, Jacqueline Kennedy, Katie Craig, Fiona Maxton and Claire-Louise Kelly.

This framework is aimed at helping all levels of physiotherapists to:

• Provide physiotherapists with a better understanding of the anatomy, causes and symptoms of multi-directional shoulder instability.

• Provide physiotherapists with evidence based practice on multi-directional shoulder instability.

• Formulate an adequate initial assessment.

• Build an appropriate patient treatment plan.

• Progress exercises appropriately.

• Provide patients with photographic exercise sheets with explanations.

• Work up patients and refer onwards, if required, appropriately.
Presentations:
Please note all the presentations can be accessed on the Physiotherapy Shared Drive. All the links are below.

What is Multidirectional Instability?
Z:\Teams\MSK OP South (Inc Rheum)\Articles - MSK\Shoulder/What is multidirectional instability

Objective Test for Shoulder Instability and Impingement, Rehabilitation Goals and Outcome Measures.
Z:\Teams\MSK OP South (Inc Rheum)\Article - MSK\Shoulder\Shoulder Inservice 2017

Shoulder Rehabilitation Exercises.
Z:\Teams\MSK OP South (Inc Rheum)\Articles - MSK\Shoulder\Shoulder Rehabilitation Exercises rev1

Prescription of Exercise.
Z:\Teams\MSK OP South (Inc Rheum)\Articles - MSK\Shoulder\Prescription of Exercise Final 2

Derby Instability Protocol
Z:\Teams\MSK OP South (Inc Rheum)\Articles - MSK\Shoulder\Derby Shoulder Instability Rehabilitation Programme
Isometric/Weighted Shoulder Exercises

1. Isometric Lateral Rotation: Stand with your upper arm close to your side, elbow at a right angle and the back of your hand against a wall. Push the back of your hand against the wall. Do not lift your elbow away from your side.
2. Isometric Abduction: Stand with your upper arm close to your side, elbow at a right angle and the back of your forearm against a wall. Push sideways into the wall with your forearm.
3. Active Lateral Rotation Side Lying with Weight: Lie on the unaffected side. Bend your top elbow to 90 degrees. Hold a small weight. In a slow and controlled manner lift your hand up towards the ceiling. Relax back down in the same slow and controlled manner. Do not lift your elbow away from your side.
4. Active Lateral Rotation with Weight: Sit on a bed with your arm resting on your bent up knee, as shown in the picture. Have your elbow at a right angle, holding on to a weight as specified by your physiotherapist. Slowly bring your hand with the weight towards your body. Keep your elbow resting on your knee.
5. Active Lateral Rotation Seated with Theraband (rubber exercise band): Sit on a chair with your arm lifted out to the side and elbow at a right angle supported on a table. Hold on to a Theraband which is in front on you. Slowly pull the band towards yourself. Keep your elbow bent and resting on the table.
6. Active Lateral Rotation with Weight on Chair: Sit on a chair with your arm lifted out to the side and elbow at a right angle supported on the back on the chair, as shown in the picture. Slowly bring your hand with the weight towards yourself. Keep your elbow bent and resting on the back on the chair.
Scapular Setting Shoulder Exercise

1. Place both your hands on a wall at shoulder height. Pull your shoulder blades together; imagine you are squeezing a small ball. Slowly, and with control, perform a press-up against the wall. Ensure you keep your shoulder blades pulled back while performing the wall press-up.

2. Place both your hands on the floor in a half press-up position. Pull your shoulder blades together; imagine you are squeezing a small ball. Slowly, and with control, perform a half press-up. Ensure you keep your shoulder blades pulled back while performing the half press-up.
3. Place both your hands on the floor in a press up position. Pull your shoulder blades together; imagine you are squeezing a small ball. Slowly, and with control, perform a press-up. Ensure you keep your shoulder blades pulled back while performing the press-up.
4. Stand facing a wall. Place a theraband underneath the foot of the arm that you will be working. Hold the other part of the theraband in your fist. Bring your arm up the shoulder height, with your elbow at 90 degrees as per picture. Pull your shoulder blades together - imagine you are squeezing a small ball. Continuing to hold the theraband, straighten your elbow up the wall. Then return to 90 degrees. Ensure you keep your shoulder blades pulled back while performing this exercise.
5. Stand facing a wall. Place a theraband around both your wrist. Bring your arm up to shoulder height with your elbow at 90 degrees. Bring your arms out past shoulder width, therefore applying tension to the theraband as per picture. Pull your shoulder blades together - imagine you are squeezing a small ball. Straighten your elbows up the wall. Then return to 90 degrees. Ensure you keep your shoulder blades pulled back and the tension on the theraband while performing this exercise.
Proprioception Shoulder Exercises

1. Single hand ball roll on wall: Lean on a ball in a standing position. Roll the ball up and down slowly and as smoothly as possible. Once you can do this easily for 60 seconds then progress to the next exercise. Aim for 60 seconds.
2. Kneeling single hand ball roll: Kneel with your weight on a ball. Roll it up and down slowly and as smoothly as possible. Once you can do this easily for 60 seconds then progress to the next exercise. Aim for 60 seconds.

4. Double handed ball roll in press up position: Adopt a press up position with your hands on a ball. Aim to do a smooth slow rolling action up and down for 60 seconds.
5. Double ball roll in press up position: Adopt a press up position with each hand on a ball. One ball is rolled upwards whilst at the same time rolling the other downwards and vice versa. Aim for 60 seconds.
1. Drop and catch a one kilogram weight at 90 degrees scaption, per picture. Aim for 100 reps. Progress to doing the exercise with eyes closed or standing on one leg.
2. Drop and catch a one kilogram weight when lying on your back with your affected arm off the plinth, per picture. Aim for 100 reps.
3. Drop and catch a one kilogram weight when lying on your front with your affected arm off plinth, per picture. Aim for 100 reps.
4. Falling press up in standing. The patient falls against the wall and uses two hands to absorb the impact. They then push away fast from the wall to the original standing position. Aim for 50 reps.
5. Falling press up to waist level. The patient falls against their kitchen worktop and uses two hands to absorb the impact. They then push away fast from the wall to the original standing position. Aim for 50 reps.
6. Plyometric push up with hand clap. Aim for 20 reps.
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