



## Superior Capsular Reconstruction REHAB Protocol

### **PHASE I (Weeks 0-4)**

Sling immobilization with supporting abduction pillow to be worn at all times except for showering and rehab under guidance of PT (if instructed to start before 4 weeks post surgery)

### **PHASE II (Weeks 4-10)**

#### **4-8 weeks:**

Gentle passive stretch to reach ROM goals

#### **Range of Motion:**

True Passive Range of Motion Only to Patient Tolerance

#### **Goals:**

140° Forward Flexion, 40° External Rotation with elbow at side, 60-80° Abduction without rotation, Limit Internal Rotation to 40° with the shoulder in the 60-80° abducted position

Maintain elbow at or anterior to mid-axillary line when patient is supine

#### **8-10 weeks:**

Begin gentle AAROM exercises, gentle joint mobilizations

### **PHASE III (Weeks 10-12)**

#### **Range of Motion:**

Progress to full AROM without discomfort

## **PHASE IV (Months 3-6)**

### ***Range of Motion:***

Full without discomfort

### ***Therapeutic Exercise:***

Progress to active exercises with resistance, shoulder flexion with trunk flexed to 45° in upright position, begin deltoid and biceps strengthening

Modalities per PT discretion

- Continue with scapular strengthening
- Continue and progress with Phase II exercises
- Begin Internal/External Rotation Isometrics
- Stretch posterior capsule when arm is warmed-up
- Modalities per PT discretion

## **PHASE V (4 months)**

### ***Therapeutic Exercise:***

- Advance strengthening as tolerated: isometrics → therabands → light weights (1-5 lbs.)
- 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
- Return to sports at 6 months if approved