



Superior Capsular Reconstruction

Staged ROM Goals: Passive ROM may be progressed if no end-feel is present. Never force ROM. See Guidelines for ROM goals for each phase of this protocol.

Phase 1: Weeks 0-3

Precautions:

No lifting of objects
No functional use of involved upper extremity
No driving until 4 weeks
Avoid traction forces
No leaning on elbows or weight bearing through the upper extremity

Goal:

Maintain integrity of the reconstruction
Initiate safe and gradual passive range of motion
Diminish pain and inflammation
Decrease muscle tightness and spasms
Patient education in post-operative precautions

Range of Motion:

Flexion, Scaption and ER
Supine passive ROM flexion and ER
Table slides for flexion, scaption and abduction
Goal by the end of 3 weeks: Flex 0-110, Abd 110, ER 20

Therapeutic Exercises

Elbow, Wrist and Hand active motion
Gripping
Supine PROM flexion
Supine PROM External rotation
Standing scap sets (postural holds)
Table slides for flexion and scaption

Phase 2: Week 4 through Week 7

Precautions:

No lifting of objects
No functional use of involved upper extremity
May begin driving (per physician instructions)
No weight bearing through upper extremity

RANGE OF MOTION

Continue ROM as tolerated toward staged goals
Goals: Flex to 145, ABD: 145, ER 45, IR gradual as tolerated

****If ROM exceeds goals it is okay as long as no presence of spasms or pain
DO NOT AGGRESIVELY STRETCH TO OBTAIN ROM**

Goal:

Maintain integrity of the repair
Continue passive range of motion
Active Assistive ROM exercises
Diminish pain and inflammation
Protect the healing tissue



Therapeutic Exercises

Week 4:

Isometric walk outs

ER, IR, Flex, EXT, ABD, ADD

AAROM pulleys for flexion, scaption and abduction

Supine Rhythmic stabilization

Week 6:

Gravity eliminated Flexion, ER/IR, ABD

Week 8

RC tubing for ER and IR with light bands

Rowing with light bands to neutral

Phase 3: Months 2-6

Precautions:

No heavy lifting of objects

No supporting of body weight onto involved arm for 3 months

Range of Motion:

Continue ROM exercises in all planes

Goal: ROM to full as tolerated with good scapula control

Goal:

Improve glenohumeral/scapulothoracic rhythm and normalize kinematics

Emphasis on return of motion

Work on functional movements

Protect the healing tissue

Therapeutic Exercises

- T-band RC PRE's (very gentle from week 8 to week 12 and only if pain free)
- Prone I's and T's (8 weeks)
- Scapular retraction with resistance (8 weeks)
- Unilateral high to low row (10 weeks)
- Prone Y's (when adequate ROM) (10 weeks)
- Weighted scaption/flexion progressing from 1 to 5 pounds (12 weeks)
- Wall pushups (12 weeks)
- Elbow flexion and extension in neutral (12 weeks)

Functional Phase: Months 5-6

- Continue therapeutic exercise as above
- Dynamic Stabilization and scapula control
- May progressively return to running or cycling
- Return to swim program
- Return to golf program