

Superior Capsular Reconstruction Postoperative Rehab Protocol

Phase I: Weeks 0-6

- 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 6 weeks post surgery)

If physician wants therapy to start before 6 weeks post op:

- 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
- Therapeutic Exercise – No canes or pulleys during this phase
 - Codman exercises/pendulums
 - Elbow/wrist/hand range of motion and grip strengthening
 - Isometric scapular stabilization
- Heat/ice before and after PT sessions

Phase II: Weeks 6-8

- Discontinue sling immobilization
- Range of motion
 - 6-7 weeks: Gentle passive stretch to reach ROM goals from Phase I
 - 7-8 weeks: Begin AAROM → AROM as tolerated
- Therapeutic exercise
 - 6-7 weeks: Begin gentle AAROM exercises (supine position), gentle joint mobilizations (grades I and II), continue with Phase I exercises
 - 7-8 weeks: 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

Phase III: Weeks 8-12

- Range of motion – Progress to full AROM without discomfort
- Therapeutic exercise
 - 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 IV: Months 3-6

- Range of motion – Full range of motion without discomfort
- Therapeutic exercise – Advance strengthening as tolerated: isometrics → therabands → light weights (1-5 lbs)
 - 8-12 repetitions of 2-3 sets for rotator cuff, deltoid, and scapular stabilizers
 - Return to sports at 6 months if approved
- Modalities per PT discretion