Superior Capsular Reconstruction Rehabilitation Protocol

Phase 1

(0-4 weeks post-op)

Range of Motion

0-2 weeks: None

2-4 weeks: begin PROM

Limit 90° flexion, 45° ER, 20° extension, 45° abduction, 45° ABER

<u>Immobilizer</u>

0-2 weeks: Immobilized at all times day and night

Off for hygiene and gentle exercise according to instruction sheets **2-6 weeks**: Worn daytime only

Therapeutic Exercise

0-2 weeks: Elbow/wrist ROM, grip strengthening and pendulums at home only **2-6 weeks:** Begin PROM to ER to 45°

Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension Closed chain scapula

Phase 2

(6-12 weeks post-op)

Range of Motion

Begin active/active assisted ROM $\label{eq:Advance} \mbox{Advance to 140° FE, 135° abduction, 90° ABER, 45°} \\ \mbox{ABIR}$

Immobilizer

None

Therapeutic Exercise

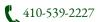
Continue Phase IIwork; begin active assisted exercises, deltoid/rotator cuff isometrics at 8 weeks

Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff**



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Phase 3

(12-16 weeks post-op)

Range of Motion

Gradual return to full AROM

<u>Immobilizer</u>

None

Therapeutic Exercise

Advance activities in Phase 2; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization

> Begin muscle endurance activities (upper body ergometer) Cycling/running as tolerated at 12 weeks

Phase 4

(4-6 months** post-op)

Range of Motion

Full & Pain-free

Immobilizer

None

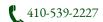
Therapeutic Exercise

Aggressive scapular stabilization and eccentric strengthening; scapular perturbation Begin plyometric and throwing/racquet program, continue with endurance activities Maintain ROM and flexibility



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Superior Capsular Reconstruction Rehabilitation Protocol

Phase 5

(6-8 months post-op)

Range of Motion

Full & Pain-free

<u>Immobilizer</u>

None

Therapeutic Exercise

Progress Phase 4 activities, return to full activity as tolerated

*If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op

If a biceps tenodesis is performed, avoid active flexion of biceps and eccentric loads on biceps for 6 weeks post-op *Limited return to sports activities during Phase IV if cleared by surgeon



Dr. Mark Slabaugh

