



# 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

### **Immobilizer**

**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

Advance to 140° FE, 135° abduction, 90° ABER, 45°

ABIR

### **Immobilizer**

None

### **Therapeutic Exercise**

Continue Phase I work; 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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# Superior Capsular Reconstruction Rehabilitation Protocol

## **Phase 3**

(12-16 weeks post-op)

### **Range of Motion**

Gradual return to full AROM

### **Immobilizer**

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

### Immobilizer

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**



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