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SUPERIOR CAPSULAR RECONSTRUCTION POST- OPERATIVE PROTOCOL

Phase One – Maximum Protection Phase (week 0-6)

A) Week 0-2

- 1) Brace or sling with activity and sleeping
- 2) Avoid active and passive extension, gleno-humeral traction, and superior gleno-humeral compression
- 3) Contralateral UE assist pendulum exercises (Gentle)
- 4) PROM to tolerance in all shoulder motions
Shoulder flexion, abduction
ER/IR
- 5) Active/passive elbow ROM
- 6) Hand gripping exercises
- 7) Scapular mobility/stability training
- 8) Ice and pain modalities as tolerated/required
- 9) No Active shoulder ROM any plane

B) Week 3-6

- 1) Continue brace or sling with activity and sleeping
- 2) Continue to avoid active and passive extension, gleno-humeral traction, and superior gleno-humeral compression
- 3) Continue with all other exercises as above
- 4) Submaximal isometrics at neutral (resting) position of shoulder
Flexors
Extensors
IR/ER
- 5) Initiate isotonic IR/ER in resting position at 4 weeks
- 6) Gentle AAROM at 4 weeks: Shoulder flexion/scaption
- 7) Continue with no active abduction until 6 weeks
- 8) Discharge sling or brace at 6 weeks
- 9) Continue pain modalities as needed

Phase Two – Minimum Protection/Intermediate Phase (week 7-12)

A) Week 7-10

- 1) Continue with AAROM exercises:
 - Avoid combined extension and IR until week 8
 - Flexion/scaption to tolerance
 - Extension to tolerance
 - ER/IR to tolerance
 - May begin light AAROM into abduction to tolerance

- 2) Begin AROM/Strengthening exercises
 - Continue ER/IR isotonic exercise
 - Begin light shoulder flexion exercise with low weight to 90°
 - Begin light Time Under Tension (TUT) exercise (carry, rack, arm bar, etc.)
 - Elbow flexion/extension with low weight
 - Continue scapular stabilization exercises as tolerated

B) Week 10-12

- 1) Continue with all exercises above
- 2) Initiate CKC exercise
- 3) Initiate AROM and strengthening in abduction
 - * Ensure that patient is not employing a hypermobile scapula, or performing shoulder hike as compensatory movement during shoulder flexion/abduction
- 4) Initiate neuromuscular control exercises, PNF patterns

Phase Three – Advance Strengthening Phase (Week 12-20)

A) Week 15-20

- 1) Aggressive strengthening program as tolerated by patient
 - Shoulder flexion
 - Shoulder abduction to 90°
 - ER/IR progressing into greater abduction ranges as tolerated
 - Elbow flexors/extensor
 - Peri-scapular muscles

- 2) Begin loading PNF diagonal patterns with light to moderate weight as tolerated

- 3) Shoulder stabilization exercises below or at shoulder height

- 4) Rebounder for plyometric activity below shoulder level only