



Superior Capsular Reconstruction Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● Elbow ROM ● Decrease swelling 	<p>Abduction sling at all times</p>	<ul style="list-style-type: none"> ● PROM FE 60, ER 30, AB 60 ● Codman shoulder pendulums <p>Modalities:</p> <ul style="list-style-type: none"> ● GameReady ● Compression ● Edema control 	<ul style="list-style-type: none"> ● Neck, elbow, wrist ROM ● Scapular retraction and depression ● Pendulums
<p>Phase 2 (2-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain control ● Minimal ROM 	<p>Abduction sling at all times until 6 weeks</p>	<p>PROM limitations until week 6 (limit 30 degrees external rotation, 90 degrees flexion, 60 degrees abduction)</p> <p>Modalities:</p> <ul style="list-style-type: none"> ● Gentle Massage ● Cryotherapy 	<ul style="list-style-type: none"> ● Continue neck, elbow, hand ROM ● Continue pendulums ● Progress PROM after week 4 ● Scapular stabilizers



<p>Phase 3 (7-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Full PROM • (full FE, ABD, ER, IR to belt) 	<p>Wean Sling week 7</p> <p>5 pound weightbearing restriction starting week 6 for 2 weeks, then progress</p>	<ul style="list-style-type: none"> • Active assist and AROM starting week 6, progress to full <p>Manual</p> <ul style="list-style-type: none"> • Push to get full PROM <p>Modalities:</p> <ul style="list-style-type: none"> • Ice/stim PRN 	<ul style="list-style-type: none"> • Isometrics: internal and external rotation, biceps and triceps • Sidelying external rotation, salutes, prone extension and horizontal abduction • Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER • Endurance <u>starting week 10</u>: IR and ER, theraband rows, bicep curls, tricep extension • Closed chain stability
<p>Phase 4 (13-18 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Maintain full AROM and PROM 	<p>increase weightbearing</p> <p>no restrictions</p>	<ul style="list-style-type: none"> • Full A/PROM 	<ul style="list-style-type: none"> • External rotation strengthening at 45 and 90 degrees • Bear hugs • Statue of liberty • Push-up plus progression
<p>Phase 5 (18+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Increase muscular power 	<p>Restrictions lifted</p>	<ul style="list-style-type: none"> • Continue Full A/PROM 	<ul style="list-style-type: none"> • PNF exercises with resistance • Decelerations and plyometric external rotation • <u>18 weeks</u> - Progress to sport-specific and overhead activities