

Superior Capsular Reconstruction

POST-OP DAYS 1-14

- Immobilizer abduction pillow-even while sleeping
- Place pillow under shoulder / arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion with shoulder in neutral position
- Supported pendulum exercises
- Shoulder shrugs / scapular retractions without resistance
- Stationary bike (must wear immobilizer)
- Ice pack

GOALS

- Pain control
- Protection of graft/surgical sites
- Maintenance of wrist/elbow range of motion, grip strength

WEEKS 2-3

- Begin PROM, supine and pulleys
- Pendulums
- Table Slides

GOALS

- PROM: Flexion to 90, Abduction to 90°, ER to 30°
- **Ok to progress as tolerated, if pain free**

WEEKS 3-6

- Discontinue sling at 4-6 weeks
- Continue appropriate previous exercises
- Begin isometrics of the shoulder at 4-6 weeks
- Pendulum exercises
- **Standing rows at 6 weeks**
- **Supine PROM as tolerated, progress to seated PROM, AAROM**

GOALS

- **PROM: Flexion to 140-180, Abduction to 90-140**

WEEKS 6-9

- Continue appropriate previous exercises
- Begin AAROM/AROM around 6 weeks
- AAROM-Flexion and Abduction > 90° (pulleys, supine wand), ER as tolerated (wand doorway stretch)
- Standing rows with theraband
- Theraband IR/ER
- Prone scapular retraction exercises without weights
- Biceps and triceps exercises without weight
- Stairmaster
- Treadmill-walking progression program
- Pool walking/running

GOALS

- **AAROM Flexion and Abduction 140-180°**
- **PROM, Flexion to 160-180°, ER to 60°, Abd to 140-180**

WEEKS 9-12

- Begin strengthening rotator cuff in neutral around 8-9 weeks
- Without resistance
- Sidelying ER
- Continue appropriate exercises
- Seated row with light weight
- Body Blade at side
- Ball on wall (arcs, alphabet)
- Ball toss with arm at side using light ball
- Elliptical

GOALS

- AAROM, AROM through functional range without pain

WEEKS 12-16

- Light or un-resisted rotator cuff exercises
- Push up on wall
- **OK TO TAKE A BREAK FROM PT. MAINTAIN ROM, NO NEW STRENGTHENING**

GOALS

- Maintain AAROM/AROM
- Protect graft during re-vascularization (decreased strengthening ex)

MONTHS 4-6

- Begin increasing resistance on theraband exercises as tolerated
- Push up progression (table to chair)
- Light plyometric exercises
- Body blade with abduction

GOALS

- Functional AROM
- Normal rotator cuff strength

MONTHS 6-8

- Weight training with light resistance
- Regular push ups
- Sit ups
- Running progression to track
- Transition to home/gym program

GOALS

- Return to all activities
- Range of Motion : Elevation: 115°-180°, ER to 60 deg, IR to L1
- Strength: Abd: 5- or greater, ER: 5- or greater, IR: 5 or greater