Superior Capsular Reconstruction
Dr. Brett Sanders

Surgery Date: _____________

Phase 1: (wks 1-6)
Date: _____________
- Immobilizer abduction pillow-even while sleeping
- Hand squeezing exercises
- Elbow/wrist active motion w/ shoulder in neutral position
- Pendulum exercises
- Shoulder shrugs/scapular retractions
- Table walks
  - Goals
    - Pain Control
    - Protection of graft/surgical sites
    - Maintenance of wrist/elbow ROM, grip strength
- Flex and ABD > 90 degrees (pulley, supine wand)
- ER as tolerated (wand, doorway stretch)
- Biceps/Triceps exercises w/out weight
- Stairmaster
- Treadmill-walking progression program
  - Goals
    - Prom
    - Flex to 160-170 degrees
    - Abd to 90 degrees
    - ER to 60 degrees

Phase 2: (Wks 6-9)
Date: _____________
- Discontinue sling at 6 wks
- Cont. appropriate previous exercises
- Begin isometrics
- Begin PROM
  - Flex/abd to 90 degrees; progress to 130 degrees at 8-9 wks
  - ER to 30 degrees
  - Begin AAROM

Phase 3: (Wks 9-12)
Date: _____________
- Cont appropriate exercises
- Elliptical
  - Goals
    - PROM
    - Flex to 160-170 degrees
Phase 4: (Wks 12-14)
  - Cont appropriate exercises
  - Standing Row w/ t-band
  - IR/ER w/ t-band
  - Prone scap retraction
  - Body blade at side
  - Ball rolling on table, progressing to wall
  - Ball toss w/ arm at side using light ball
  - Light or no resistance RC exercises

  o Goals
    ■ AAROM/AROM through functional range w/out pain
    ■ Protect graft during re-vascularization
      (decreased strengthening exercises)

Months 4-6
Date:____________
  - Begin increasing resistance on t-band exercises, as tolerated
  - Push up progression (table to chair)
  - Body blade w/ abduction
    o Goals
      ■ Functional AROM
      ■ Normal RC strength