



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

- **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

- **Goals**

- Functional AROM
- Normal RC strength