Najib Ussef, MD
Orthopedic Surgery

Rehabilitation Protocol: Superior Capsular Reconstruction

Name: _____ **Date: _____**

Diagnosis: _____ **Date of Surgery: _____**

☐ **Phase I (Weeks 0-4)**

- Sling immobilization with supporting abduction pillow to be worn at all times except for showering and rehab under guidance of PT (if instructed to start before 4 weeks post surgery)

If physician wants therapy to start before 4 weeks post op:

- Range of Motion – True Passive Range of Motion Only to Patient Tolerance
  - Goals: 140° Forward Flexion, 40° External Rotation with elbow at side, 60-80° Abduction without rotation, Limit Internal Rotation to 40° with the shoulder in the 60-80° abducted position
  - Maintain elbow at or anterior to mid-axillary line when patient is supine
- Therapeutic Exercise – No canes or pulleys during this phase
  - Codman Exercises/Pendulums
  - Elbow/Wrist/Hand Range of Motion and Grip Strengthening
  - Isometric Scapular Stabilization
- Heat/Ice before and after PT sessions

☐ **Phase II (Weeks 4-8)**

- Discontinue sling immobilization
- Range of Motion
  - **4-6 weeks**: Gentle passive stretch to reach ROM goals from Phase I
  - **6-8 weeks**: Begin AAROM → AROM as tolerated
- Therapeutic Exercise
  - **4-6 weeks:** Being gentle AAROM exercises (supine position), gentle joint mobilizations (grades I and II), continue with Phase I exercises
  - **6-8 weeks:** Progress to active exercises with resistance, shoulder flexion with trunk flexed to 45° in upright position, begin deltoid and biceps strengthening**
- Modalities per PT discretion

☐ **Phase III (Weeks 8-12)**

- Range of Motion – Progress to full AROM without discomfort
- Therapeutic Exercise
  - Continue with scapular strengthening
  - Continue and progress with Phase II exercises
  - Begin Internal/External Rotation Isometrics
  - Stretch posterior capsule when arm is warmed-up
- Modalities per PT discretion

☐ **Phase IV (Months 3-6)**

- Range of Motion – Full without discomfort
- Therapeutic Exercise – Advance strengthening as tolerated: isometrics → therabands → light weights (1-5 lbs),
    - 8-12 repetitions/2-3 sets for Rotator Cuff, Deltoid and Scapular Stabilizers
    - Return to sports at 6 months if approved
- Modalities per PT discretion

Comments:
****IF BICEPS TENODESIS WAS PERFORMED - NO BICEPS STRENGTHENING UNTIL 8 WEEKS POST-OP**

Frequency: _____ times per week **Duration: _____ weeks**

Signature: _____ **Date: _____**