Connecticut Orthopaedics

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Superior Capsular Reconstruction
Post-Operative Protocol

Phase I- Maximum Protection
Weeks 0 to 4:

- Wear sling at all times
- No GHJ range of motion for 4 weeks

  Goals
  - Reduce pain and inflammation
  - Protect repair
  - Postural education

  Exercise progression
  - No GHJ ROM x 4 weeks
  - Cervical ROM and basic deep neck flexor activation (chin tucks)
  - Hand and wrist AROM
  - Elbow flexion PROM
  - Active shoulder retraction
  - Encourage walks and low intensity cardiovascular exercise to promote healing

Phase II- Passive Range of Motion
Weeks 4 to 6:

- Wear sling at all times (at 5 weeks transition to sling without pillow for final week)
- Initiate PROM
  - No shoulder extension past neutral
  - No internal rotation past 30 degrees
- Initiate AAROM in supine

  Goals
  - Postural education with cervical spine and neutral scapular positioning
  - Shoulder PROM:
    - Flexion to 150 degrees by week 6
    - Abduction and scaption to 120 degrees by week 6
    - Internal rotation 0-30 degrees at 45 degrees abduction by week 6
    - External rotation 0-60 degrees at 45 degrees abduction by week 6
    - No shoulder extension past neutral

  Manual therapy
  - Graded glenohumeral and scapulothoracic mobilizations
  - Scar tissue mobilization when incisions are healed
  - STM to shoulder and cervicothoracic complex

  Exercise progression
  - PROM shoulder exercises
  - AAROM/AROM exercises of wrist/hand and elbow
  - AAROM exercises of shoulder in supine
  - DNF and proper postural positioning with shoulder retraction
  - Shoulder pendulums
  - Low to moderate intensity cardiovascular work (walking or stationary bike)

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Phase III- Active/Active Assisted Range of Motion

Weeks 6 to 8:

- Discontinue sling at 6 weeks
- Continue PROM
- Initiate AAROM in upright position
- Initiate AROM below 90 degrees

  Goals
  - Shoulder PROM:
    - Progress ROM as tolerated in all directions

  Manual therapy
  - Graded glenohumeral and scapulothoracic mobilizations
  - Scar tissue mobilization when incisions are healed
  - STM to shoulder and cervicothoracic complex

  Exercise progression
  - AAROM in supine and upright position- cane, pulleys, etc.
  - AROM up to 90 degrees flexion/scaption/abduction
  - Manual perturbations with arm at 90 degrees flexion and ER/IR in neutral
  - Initiate posterior capsular stretching at 6 weeks
  - Serratus activation
  - Low to moderate intensity cardiovascular work

Phase IV- Progressing Range of Motion

Weeks 8 to 12:

- Progress to full PROM and AROM
- Normalize glenohumeral and scapulothoracic arthrokinematics
- Initiate submaximal isometrics at 8 weeks

  Goals
  - Shoulder PROM full in all directions by week 10

  Manual therapy
  - PROM and mobilizations to progress ROM
  - Manual perturbations in supine with arm in 90 degrees flexion and ER/IR at neutral
  - PNF patterns

  Exercise progression
  - Submaximal isometrics in all directions
  - Full PROM and AAROM at shoulder
  - Shoulder AROM at and below 90 degrees
  - Initiate UE bike at 10 weeks below 90 degrees shoulder flexion
  - Prone and sidelying shoulder AROM below 90 degrees for scapulohumeral muscle activation

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Phase V- Progressing Strength and Plyometric Drills

Weeks 12 to 24:

- Full shoulder AROM/PROM
- Progress shoulder AROM above 90 degrees at 12 weeks
- Initiate strengthening at 12 weeks with gradual progression
- Initiate plyometric drills at 18 weeks post op
- Follow up examination with physician at 6 months for release to full activity

  Goals
  - Full range of motion
  - Begin strengthening program at 12 weeks
  - Initiate plyometric exercises at 18 weeks

  Manual therapy
  - STM and joint mobilization to glenohumeral, scapulothoracic and cervicothoracic as needed
  - Manual perturbations
  - PNF patterns

  Exercise progression
  - End range stretching to achieve full ROM in all directions
  - Progress UE bike above 90 degrees at 12 weeks as tolerated
  - Initiate and progress rotator cuff and scapular strengthening program
  - Initiate plyometric and rebounder drills
  - Closed kinetic chain exercises for scapular and core stability
  - Able to progress to elliptical and running for cardiovascular health at 12 weeks

Revised ***