

SUPERIOR CAPSULAR RECONSTRUCTION **REHABILITATION**

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
- Pendulums
- Table Slides

GOALS

- PROM
 - Flexion to 90°
 - Abduction to 90°
 - ER to 30°

WEEKS 3-6

- Discontinue sling at 4-6 weeks
- Continue appropriate previous exercises
- Begin isometrics of the shoulder at 4-6 weeks
- Pendulum exercises

GOALS

- PROM
 - Flexion to 130°
 - Abduction to 90°

WEEKS 6-9

- Continue appropriate previous exercises
 - 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 to 150°
- PROM
 - Flexion to 160-170°
 - External rotation to 60°
 - Abduction to 90°

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

GOALS

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

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
 - o Elevation: 115°-180°
 - o External Rotation: 23°-57°
 - o Internal Rotation to L1
- Strength
 - o Abduction: 5- or greater
 - o External Rotation: 5- or greater
 - o Internal Rotation: 5 or greater