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## SUPERIOR CAPSULAR RECONSTRUCTION

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
<b>Phase I</b> <b>Weeks 0-6</b> PT 1-2x/ week HEP daily	Protect surgical repair Edema and pain control	<b>0-2 weeks:</b> None  <b>2-4 weeks:</b> Begin PROM Limit: - 90° flexion - 45° ER - 20° extension - 45° abduction - 45° ABER	Sling at all times including sleep Remove for hygiene & exercises	<b>0-2 weeks:</b> - Elbow/ wrist ROM - Grip strengthening - Pendulums  <b>2-6 weeks:</b> Begin PROM to ER to 45° - Codmans - Posterior capsule mobilizations - Avoid stretch of anterior capsule and extension - Closed chain scapula
<b>Phase II</b> <b>Weeks 6-12</b> PT 2-3x/ week HEP daily	Protect surgical repair Begin AAROM	Begin A/AAROM - 140° forward elevation - 135° abduction - 90° ABER - 45° ABIR	<b>D/c sling at 6 weeks</b>	Continue Phase I exercises - Begin active assisted exercises - Deltoid/rotator cuff isometrics @ 8 weeks  Begin resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff
<b>Phase III</b> <b>Weeks 12-16</b> PT 2-3x/ week HEP daily	Full AROM	Gradual return to full AROM	None	Advance Phase II exercises - Emphasize ER and latissimus eccentrics - Glenohumeral stabilization  Begin muscle endurance activities (upper body ergometer)  Cycling/ running as tolerated at 12 weeks
<b>Phase IV</b> <b>4-6 months</b> PT 1x/ week HEP daily	Maintain ROM and flexibility	Full & pain-free	None	Aggressive scapular stabilization and eccentric strengthening Scapular perturbation  Begin plyometric and throwing/ racquet program Continue with endurance activities
<b>Phase V</b> <b>6-8 months</b> HEP daily		Full & pain-free	None	Progress Phase IV activities  Return to full activity as tolerated

**IF QUESTIONS: PLEASE CALL 469-800-7200**