

**ARTHROSCOPIC SUPERIOR CAPSULAR RECONSTRUCTION
REHABILITATION PROTOCOL**

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 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
- Begin AAROM/AROM around 6 weeks
 - 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
 - Side-lying 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
- 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
- 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:
 - Elevation: 115°-180°
 - External Rotation: 23°-57°
 - Internal Rotation to L1
- Strength:
 - Abduction: 5- or greater
 - External Rotation: 5- or greater
 - Internal Rotation: 5 or greater