

**The Orthopaedic & Fracture Clinic, P.A.**  
**Physical Therapy/Sports Medicine**  
**Shoulder Superior Capsular Reconstruction Post Surgical Protocol**  
**Jesse C. Botker, M.D.**

**REHABILITATION PROTOCOL**

**Post Op (0-2 Weeks)**

- Immobilizer with abductor pillow.
- Elbow wrist and hand ROM.
- Shoulder shrugs, scapular retraction.
- Ice packs.

**GOALS:**

- Pain control.
- Protection of graft/surgical repair.
- Maintenance of wrist/elbow ROM, grip strength.

**Post Op (2-3 Weeks)**

- Begin PROM.
- Pendulums.
- Table slides.

**GOALS:**

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

**Post Op (3-6 Weeks)**

- Discontinue sling at 4-6 weeks per physician.
- Continue PROM as previous.
- Begin submaximal isometrics of the shoulder at 4-6 weeks.
- Pendulum exercises.

**GOALS:**

- PROM flexion to 130°.
- PROM abduction to 90°.
- PROM ER to 40°.

### Post Op (6-9 Weeks)

- Continue appropriate previous exercises.
- Begin AA/AROM at 6 weeks.
  - AAROM flexion and abduction > 90° (pulley, wand).
  - AAROM ER as tolerated.
  - Standing rows with Theraband.
  - Theraband IR/ER.
  - Prone scapular retraction without weight.
  - Bicep/tricep without weight.

### GOALS:

- AAROM:
  - Flexion to 150°.
- PROM:
  - Flexion to 160-170°.
  - ER to 40°.
  - Abduction to 90-100°.

### Post Op (9-12 Weeks)

- Continue previous P/AA/AROM exercises.
- Begin strengthening rotator cuff at 9 weeks without resistance, ER is sidelying.
- Seated row with light weight.
- Ball on wall exercises.

### GOALS:

- AA/AAROM through functional ROM pain-free.

### Post Op (12-16 Weeks)

- AA/AROM exercises to regain full ROM.
- Continue exercises as per previous.
- Light resisted rotator cuff exercises.

### GOALS:

- AA/AROM full ROM
- Protect graft during re-vascularization (intro) strengthening exercises.

### Post Op (4-6 Months)

- Progress strengthening exercises.
- Push up progression (wall → table → chair).
- Light plyometric exercises.

**GOALS:**

- Functional/AROM.
- Normal rotator cuff strength.

**Post Op (6-8 Months)**

- Weight training with light resistance.
- Regular push ups.
- Transition to community/home based program.

**GOALS:**

- Return to all activities:
- AROM
  - Flexion: 115-180°.
  - ER 30-60°.
  - IR to L1.
  - Normal strength flexion, ER, IR.