



SUPERIOR CAPSULAR RECONSTRUCTION POST-OP PROTOCOL

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Patient Name:
Date of Surgery:

Formal physical therapy will usually start 4-5 weeks following surgery.

In general, patients are instructed that the first month is to allow healing, the second month is for stretching and the third/fourth months are for strengthening.

Phase I - Weeks 0-3

Bolster sling at all times except when undergoing PT
Supported pendulums with elbow bent
Begin active scapular retraction/protraction exercises with therapist cueing

Phase II - Weeks 4-8

Regular sling at all times except when undergoing PT
Pendulums to warm up
Supine external rotation - 0°-30° beginning week 4
Supine forward elevation - 0°-90° beginning week 4
MD recheck week 6

Phase III - Weeks 9-12

Discontinue sling
Pendulums to warm up
Active range of motion with terminal stretch
Supine external rotation - progress **gradually** to full
Supine forward elevation - progress **gradually** to full
Internal rotation - full (begin behind the back)

Begin active range of motion in supine and progress to upright
Progress to upright as tolerated with external rotation and forward elevation
MD recheck week 12

Phase IV - Weeks 13-19

Pendulums to warm up
Continue phase III exercises including external and internal rotation exercises
Standing forward punch
Seated rows
Shoulder shrugs and biceps curls
MD recheck week 18

Phase V - Week 20

Weight training with precautions noted below
 Keep hands within eyesight
 Keep elbows bent (no long lever arms)
 No military press, pull-downs behind the head, or wide grip bench

Initiation of Interval Sport Programs

Golf	5-6 months
Tennis	7-8 months
Skiing	7-8 months