



## Superior Capsular Reconstruction Rehabilitation Phase II (3-7 Weeks)

### Goal:

- **Maintain integrity of the repair**
- **Continue passive range of motion**
- **Initiate Active Assistive ROM exercises**
- **Diminish pain and inflammation**
- **Do not overstress healing tissue**

### Precautions:

- **No lifting of objects**
- **No functional use of affected hand**
- **May begin driving (per physician instructions)**
- **Minimal computer work 30-45minutes, no greater than 4 hours total (AFFECTED arm must be in sling)**

### RANGE OF MOTION

- **Continue ROM with rope and pulley**
- **Begin wand exercises in supine**
- **Goals: Flex to 145, ABD: 145, ER 25, initiate extension**
- **\*\*If ROM exceeds goals it is okay as long as no presence of spasms or pain**
- **DO NOT AGRRESIVELY STRETCH TO OBTAIN ROM**

### STRENGTH:

- **Begin Active Assistive ROM with wand @ 3 weeks, begin seated Rope and pulley**
- **Begin very low level active *gravity assisted* exercises**

### THERAPIST: (make sure patient is doing well with ROM by week 5 before progressing with strength!!!!)

- **Begin AAROM in all planes**
- **start ER and IR at 45 of ABD**
- **Begin gentle rhythmic stabilization at balanced position and IR / ER at 45 of ABD**
- **Soft tissue mobilization to upper, mid trap and serratus / subscapularis**
- **Begin manual scapular patterns protect shoulder**
- **Decrease pain modalities**

### Activities:

**Should be able to eat drink, dress, groom, wash face**  
**Begin walking for exercise (precaution treadmills)**

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### EARLY PHASE II ROM EXERCISES (2-3 WEEKS)



**FLEXION**



**SCAPTION**



**EXTERNAL ROTATION**

### LATE PHASE II ROM EXERCISES 4-5 WEEKS)



**FLEXION**

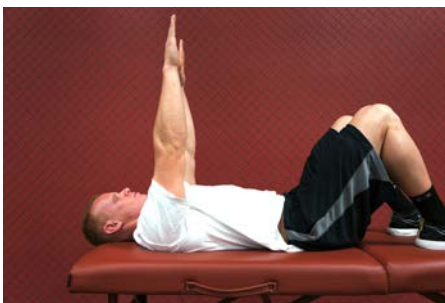


**SCAPTION**



**Assist w opposite hand flexion**

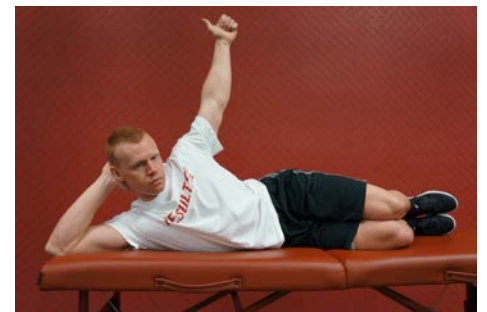
### GRAVITY ELIMINATED EXERCISES



**FLEXION**



**IR /ER**



**ABDUCTION**