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 30-45 minutes, 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 AGGRESSIVELY 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