Superior Capsular Reconstruction
Phase III - WEEK 7-12

Goal:
- Improve coordination with controlled movement
- Emphasis on return of motion
- Improve low level functioning activities

Precautions:
- No heavy lifting of objects
- No supporting of body weight by hands & arms
- No sudden jerking motions

RANGE OF MOTION
Continue ROM exercises in all planes
Goal: by 8 weeks should have 85% of ROM in all planes

STRENGTH:
- Begin Active ROM exercises against gravity
- Begin light tubing exercises
- Do not overstress the muscles with excessive reps to avoid fatigue and pain

THERAPIST:
- Begin light manual therapy in all directions: isometric, concentric, eccentric
- Continue scapular patterns
- IF ROM still limited, begin stretching and joint mobilizations

ACTIVITIES:
- Begin shoulder height activities
- Lift up to 5-10 lbs. to waist level both hands
- Speed walk and light jog (no more than 30 minutes) no faster than 5.0 mph (if they have 3+/5 strength)

Perform all exercises 2 sets of ______________
Perform all exercises with controlled movement and hold for 2 seconds at end range

External Rotation
90/90 ER
Behind back
Superior Capsular Reconstruction
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FLEXION TO 90
EXTENSION
EXTENSION (OPTIONAL)

SCAPTION TO 90 “V”
HORIZONTAL ABDUCTION
HORIZ ABD (OPTIONAL)

CHEST FLY (START)
CHEST FLY (END)
SIDELEYE ER

EXTERNAL ROTATION
TUBING INTERNAL ROTATION
EXTENSION

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