



Mid-America Orthopedics

Dr. Justin Strickland

1824 E. James, Derby, KS 67037 – (316) 630-9300

Superior Capsular Reconstruction DELAYED REHAB

Days 1-42 (WEEKS 1-6)

- Patient may come to PT 1 visit for elbow, wrist, hand, and scapular AROM.
- No shoulder ROM x 6 weeks

Days 42-84 (WEEKS 6-12)

- **Immobilization: Remain in sling with pillow for 8 weeks.**
- **ROM:** PROM Weeks 6-8: to 90 degrees flexion and abduction, 20 degrees ER and IR; progress as tolerated to have **full PROM 8 weeks +**
- **AAROM**
 - Add in pulleys or stick exercises for ROM in clinic**
 - May issue for home if patient is limited in ROM and has good understanding of passive nature of pulleys
 - Begin manually resisted scapular ex including scapular clock and self scapular squeeze focusing on middle and lower trap
- **ROM:** Begin gentle AROM in all planes after **8 weeks**
- Include joint mobilization for glenohumeral and scapulothoracic joints
Pendulums OK

Days 84-112 (WEEKS 12-16+)

- **PROM/AAROM/AROM progress to full all motions. Goal:full ROM by week 12**
- **Strength:** Begin submaximal isometrics and scapular stabilization ex
- Progress to Rockwoods and RTC strength exercises
 - Progress scapular stabilization ex in open and closed chain
 - Begin total arm strengthening
 - Begin isotonic
 - Begin endurance actives
 - Progress into higher level strengthening tasks

Progression within the time frames along with modality and exercise choice is left up to the discretion of the treating therapist. If you have any questions regarding this protocol, please contact (316) 630-9300.