

## ARTHROSCOPIC SUPERIOR CAPSULAR RECONSTRUCTION

### POST-OP DAYS 1-14

- Immobilizer abduction pillow-even while sleeping - Place pillow under shoulder / arm while sleeping for comfort
- Hand squeezing exercises
- Elbow and wrist active motion with shoulder in neutral position
- Supported pendulum exercises
- Shoulder shrugs / scapular retractions without resistance
- Stationary bike (must wear immobilizer)
- Ice pack

### GOALS:

- Pain control
- Protection of graft/surgical sites
- Maintenance of wrist/elbow range of motion, grip strength

### WEEKS 2-3

- Begin PROM
- Pendulums
- Table Slides

### GOALS:

- PROM:
  - Flexion to 90°
  - Abduction to 90°
  - ER to 30°

### WEEKS 3-6

- Discontinue sling at 6 weeks
- Continue appropriate previous exercises
- Begin isometrics of the shoulder at 4-6 weeks
- Pendulum exercises

## **GOALS:**

- PROM:
  - Flexion to 130
  - Abduction to 90

## **WEEKS 6-9**

- Continue appropriate previous exercises
- Begin AAROM/AROM around 6 weeks
  - AAROM-Flexion and Abduction > 90° (pulleys, supine wand)
  - ER as tolerated (wand doorway stretch)
- Standing rows with theraband
- Theraband IR/ER
- Prone scapular retraction exercises without weights
- Biceps and triceps exercises without weight
- Stairmaster
- Treadmill-walking progression program
- Pool walking/running

## **GOALS:**

- AAROM Flexion and Abduction to 150°
- PROM
  - Flexion to 160-170°
  - External rotation to 60°
  - Abduction to 90°

## **WEEKS 9-12**

- Begin strengthening rotator cuff in neutral around 8-9 weeks
  - Without resistance
  - Side-lying ER
- Continue appropriate exercises
- Seated row with light weight
- Body Blade at side
- Ball on wall (arcs, alphabet)
- Ball toss with arm at side using light ball
- Elliptical

## **GOALS:**

- AAROM, AROM through functional range without pain

## **WEEKS 12-16**

- Light or un-resisted rotator cuff exercises
- Push up on wall GOALS
- Maintain AAROM/AROM
- Protect graft during re-vascularization (decreased strengthening exercises)

## **MONTHS 4- 6**

- Begin increasing resistance on theraband exercises as tolerated
- Push up progression (table to chair)
- Light plyometric exercises
- Body blade with abduction
- Functional AROM
- Normal rotator cuff strength

## **MONTHS 6-8**

- Weight training with light resistance
- Regular push ups
- Sit ups
- Running progression to track
- Transition to home/gym program

## **GOALS:**

- Return to all activities
- Range of Motion:
  - Elevation: 115°-180°
  - External Rotation: 23°-57°
  - Internal Rotation to L1
- Strength:
  - Abduction: 5- or greater
  - External Rotation: 5- or greater
  - Internal Rotation: 5 or greater