

**Superior Capsular Reconstruction
Postoperative Rehabilitation Protocol
Dr. Jeffrey Witty, M.D.**

General Precautions:

- Sling with abduction pillow in neutral rotation x 6 weeks.
 - o Only take off for therapy, bath, putting on shirt.
- Leave on for Sleeping x 6 weeks.
- If bicep tenodesis performed:
 - o No active motion of elbow for 6 weeks
 - o Start Passive motion of the elbow starting week 1
- If subscapularis repair performed, NO external rotation stretching beyond neutral for 6 weeks.

	Weightbearing	Sling	ROM	Exercise
Phase I Week 0 - 6	NWB	Sling on at all times except showers.	If biceps tenodesis: Passive elbow ROM AROM wrist/hand If no biceps tenodesis: Progress elbow AROM No motion of the shoulder.	None. NO PENDULUMS
Phase II Week 6 - 12	1 – 3 lbs	Wean out of sling	Elbow: Progress AROM elbow If biceps tenodesis: Can start gentle strengthening POW8 Shoulder: Begin PROM of the shoulder. Progress to full ROM as tolerated Educate HEP. Perform ROM while in 45 deg reclined position. No aggressive stretching.	None. NO PENDULUMS
Phase III Week 12 - 14	5lbs	None	Progress AROM of shoulder in all planes in all positions.	Continue Phase II
Phase IV Week 14 and beyond	5lbs	None	Progress AROM as tolerated.	Continue Phase III Upper body cycling Start therband exercises all planes.

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Other Notes:

Modalities:

- Ice for swelling, pain
- No nsaid's for 6 weeks

Adapted from:

Adams et al AJO 2016