



### Superior Capsular Reconstruction - Physical Therapy Prescription

\*\*\*Please fax initial assessment and subsequent progress notes directly to DM Ortho at 303-789-3010\*\*\*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Diagnosis: R / L Superior Capsular Reconstruction

Date of Surgery: \_\_\_\_\_

Frequency: 2-3 times per week for \_\_\_\_\_ weeks, Therapy to start 3-5 days after surgery

#### Phase I (weeks 0-6)

**ROM:** 0-2 weeks: none

2-4 weeks: begin PROM

- Limit: 90° flexion, 45° ER, 20° extension, 45° abduction, 45° ABER

**Brace:** On at all times including sleep

May remove for hygiene, changing clothing, rehab, and home exercises

**Exercises:** 0-2 weeks: Elbow/wrist ROM, grip strengthening and pendulums at home only

2-6 weeks: Begin PROM to ER to 45° Codman's, posterior capsule mobilizations;  
avoid stretch of anterior capsule and extension

Closed chain scapula

#### Phase II (weeks 6-12)

**ROM:** Begin AAROM/AROM

Advance limits: 140° flexion, 135° abduction, 90° ABER, 45° ABIR

**Brace:** May remove

**Exercises:** Continue Phase I work;

Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff\*\*

8 weeks: progress from AAROM -> AROM , deltoid/rotator cuff isometrics

#### Phase III (weeks 12-16)

**ROM:** Progress to full AROM

**Brace:** None

**Exercises:** Advance activities in Phase II; emphasize external rotation and latissimus eccentrics,  
Glenohumeral stabilization

12 weeks: Begin muscle endurance activities (upper body ergometer) Cycling/running as tolerated

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Phase IV (months 4-6)**

**ROM:** Progress to full and pain-free ROM

**Brace:** None

**Exercises:** Aggressive scapular stabilization and eccentric strengthening  
Scapular retraction and control  
Begin plyometric and throwing/racquet program, continue with endurance activities  
Maintain ROM and flexibility

**Return to Work/Full Activity**

- Full pain-free ROM
- Strength is adequate to perform job/activity duties
- Clearance by physician