

KNEEbraska
 Matthew R. Byington, DO
 Orthopaedic Surgeon—Board Certified
 Sports Medicine & Arthroscopic Surgery // Knee & Shoulder Reconstruction
 Prairie Orthopaedic & Plastic Surgery 4130 Pioneer Woods Dr, Suite 1, Lincoln, NE 68506
 Phone: (402) 489-4700 Fax: (402) 489-5220
www.KNEEbraska.com // www.drmmattbyington.com // www.prairie-ortho.com

**SHOULDER - SUPERIOR CAPSULAR RECONSTRUCTION
 REHABILITATION PROTOCOL**

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-4 weeks	0-2 weeks: NONE 2-4 weeks: begin PROM Limit 90° flexion, 45° ER, 20° extension, 45° ABD, 45° ABER	0-2 weeks: Immobilized at all times day and night; off for hygiene and gentle HEP according to instructions 2-6 weeks: worn during day only	0-2 weeks: Elbow/wrist ROM, grip strengthening and pendulums at home only 2-6 weeks: Begin PROM to ER to 45 degrees; Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; closed chain scapula
PHASE II 6-12 weeks*	Begin A/AROM; advance to 140° flexion, 135° ABD, 90° ABER, 45° ABIR	NONE	Continue Phase I work; begin AAROM exercises, deltoid/rotator cuff isometrics at 8 weeks; begin resistive exercises for scapular stabilizers, Biceps, Triceps and RTC**
PHASE III 12-16 weeks	Gradual return to full AROM	NONE	Advance activities in Phase II; emphasize ER and Latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Cycling/running as tolerated at 12 weeks
PHASE IV 4-6 months***	Full and painfree	NONE	Aggressive scapular stabilization and eccentric strengthening; scapular perturbation Begin plyometric and throwing/racquet program, continue with endurance activities Maintain ROM and flexibility
PHASE V 6-8 months	Full and painfree	NONE	Progress Phase IV activities, return to full activity as tolerated

*If DCE is performed, horizontal adduction is restricted for 8 weeks post-operatively

**If a biceps tenodesis is performed, avoid active biceps flexion and eccentric loads for 6 weeks post-operatively

***Limited return to sports activities during Phase IV if cleared by surgeon