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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Superior Capsule Reconstruction

Sling for 6 weeks.

Phase 1 - (QUIET)

Week 0-4

Quiet in sling

Work on elbow/wrist/hand/finger motion

Begin active scapular retraction/protraction exercises with therapist cueing

Phase 2 - (PASSIVE)

Week 5-8

Pendulums to warm-up beginning week 5

Supine External Rotation – 0 to 30 degrees beginning at 5 weeks with progression to full passive range of motion by 8 weeks

Supine Forward Elevation – 0-90 degrees beginning at 5 weeks with progression to full passive range of motion by 8 weeks

**progress to upright as tolerated with ER and FE*

Phase 3 - (ACTIVE)

Pendulums to warm up and continue with phase 2

Week 9-12

Active Range of Motion with terminal stretch

Supine External Rotation – after 8 weeks progress gradually to full

Supine Forward Elevation – after 8 weeks progress gradually to full

Begin active biceps

Internal rotation – Full (begin behind the back)

Begin AROM in supine and progress to upright

Phase 4 – (RESISTED)

Week 13

Pendulums to warm up and continue with phase 3

External and Internal Rotation

Standing forward punch

Seated rows

Shoulder shrugs and biceps curls

Weight Training

Week 16

Keep hands within eyesight, keep elbows bent, no long lever arms.

Minimize overhead activities (below shoulder)

(No military press, pull-down behind head, or wide grip bench)

Initiation of Interval Sports Programs

Golf: 6-8 months

Tennis: 8-12 months

Ski: 12+ months