

Superior Capsular Reconstruction Protocol

	ROM	IMMOBILIZER	EXERCISES
PHASE I 0-6 weeks	0-3 weeks: Only elbow, wrist, hand. No shoulder motion 3-6 weeks: Initiate pendulums and gentle passive ROM (FE and abduction only)	Wear at all times except hygiene and exercises	0-3 weeks: Elbow/wrist ROM, grip strengthening 3-6 weeks: Pendulums, passive ROM in FE and Abduction only – goal of 90 FE and 30-60 abduction
PHASE II 6-12 weeks	Progress PROM from weeks 6-8 Initiate AAROM/AROM at week 8 Advance to 140° FE, 135° abduction, 90° ABER, 45° ABIR	Discontinue at 8 weeks	Continue Phase I work; begin active assisted exercises, deltoid/rotator cuff isometrics at 8 weeks
PHASE III 12-16 weeks	Progress towards full AROM, continue with passive stretching/flexibility	None	Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff
PHASE IV 4-6 months	Full	None	Scapular stabilization and eccentric strengthening; scapular perturbation Begin plyometric and throwing/racquet program, continue with endurance activities – return to full activity