



SUPERIOR CAPSULAR RECONSTRUCTION Physical Therapy Protocol

Patient Name: _____ Date of Surgery: _____

_____ Evaluate and Treat _____ Provide patient with home exercise program

Frequency: _____ x/week x _____ weeks (*beginning 6 weeks after surgery*)

_____ **(0 - 6 Weeks):** *Period of protection → no therapy for the first 6 weeks*

- **Sling with abduction pillow:** Must wear at all times except for hygiene.
- **Range of Motion:** No shoulder ROM allowed; elbow/forearm/wrist/hand motion ONLY.
- **Exercises:** pendulums and grip strengthening; NO shoulder strengthening or motion exercises permitted.

_____ **Phase I (6 - 12 Weeks after surgery):**

- **Sling with abduction pillow:** Discontinue.
- **ROM:** PROM only, including FF, ER, and ABD (within a comfortable range); No AROM/AAROM.
- **Exercises:** continue pendulums; begin scapular exercises including elevation with shrugs, depression, retraction, and protraction; no resistance exercises before 3 months.
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after).

_____ **Phase II (12 - 14 Weeks after surgery):**

- **ROM:** Progress PROM and begin AAROM progress slowly.
 - Week 12-13: perform while supine.
 - Week 13-14: perform while back is propped up 45°; then advance to upright position.
 - Use unaffected arm, stick, or cane to move postoperative arm into FF, ER, and ABD.
- **Therapeutic Exercises:** Progress Phase I exercises; no shoulder strengthening yet.
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after).

Need to know what the symbols on the original mean

_____ **Phase III (14 - 18 Weeks after surgery):**

- **ROM:** Begin to AROM in all planes progress slowly.
- **Therapeutic Exercises:** Begin isometric exercises (use pillow or folded towel without moving the shoulder).
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after).

_____ **Phase IV (18 - 22 Weeks after surgery):**

- **ROM:** Progress to full, painless, AROM.
- **Therapeutic Exercises:** Progress Phase III exercises, begin gentle resistance exercises, including resisted scapular strengthening, rotator cuff strengthening, and deltoid strengthening.
 - Resistance exercises should be done 3 days/week, with rest between sessions.
 - **Do not do full or empty-can exercises → these place too much stress on the rotator cuff.**
- **Modalities:** Per therapist, including electrical stimulation, ultrasound, heat (before), ice (after).

*If a distal clavicle excision is performed, horizontal adduction is restricted for 8 weeks post-op

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

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

By signing this referral, I certify that I have examined this patient and physical therapy is medically necessary.
This patient _____ would _____ would not benefit from social services.

Physician Name: _____ Date: _____