

Superior Capsular Reconstruction PT Protocol

- Ultra-sling for weeks 0-4
- Regular sling for weeks 4-8

Phase 0 – Quiet (Weeks 0 to 4):

- Quiet in sling with elbow/wrist/hand
- Supported pendulums with elbow bent
- Begin Active scapular retraction/protraction exercises with therapist cueing

Phase I – Passive (Weeks 5 to 8):

- Pendulums to warm-up beginning week 5
- Supine External Rotation -0° - 30° beginning at week 5
- Supine Forward Elevation -0° - 90° beginning at week 5

Phase II – Active (Weeks 9 to 12):

- Pendulums to warm-up
- 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
- Internal Rotation-Full (begin behind the back)
- Begin AROM in supine and progress to upright
- Progress to upright as tolerated with ER and FE

Phase III – Resisted (Weeks 13 to 19):

- Pendulums to warm up and continue with phase 2.
- External and Internal Rotation
- Standing forward punch
- Seated rows
- Shoulder shrugs and Biceps curls

Phase IV – Weight Training (Week 20):

- 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 Sport Programs:

- Golf: 5-6 months
- Tennis: 7-8 months
- Ski: 7-8 months