

Superior Capsule Reconstruction

- Overview of surgery: a graft is placed from the glenoid to the greater tuberosity and the torn cuff tissue is then sutured into the graft for increased stability
- This surgery requires a more conservative recovery and protocol compared to a large rotator cuff repair surgery and protocol
- When performing ER AROM in sidelying, keep a towel roll between patient's body and the arm to allow decreased stress on the joint capsule
- Heavy lifting jobs, repetitive overhead lifting jobs, and overhead sports may not be achievable to return to after this surgery
- Ok to eventually return to sports below shoulder height, long-term, including golf, shooting, and cycling
- Patient's PLOF and tissue integrity will be factors into post-operative outcomes
- Plan for patient to begin formal PT at ~2 weeks post-op

Phase I (1 day – 2 weeks post-op)

- Wound care: Monitor for signs of infection
- Sling: Until 6 weeks post-op, continuous wear of sling with abduction pillow
- ROM: Until 2 weeks post-op, no PROM
- Exercises:
 - Pendulums
 - AROM scapular retraction
 - Elbow/wrist/hand AROM

Phase II (2 weeks – 6 weeks post-op)

Begin PT

- Wound care: Monitor for signs of infection
- Modalities: prn for pain and inflammation

- Sling: Until 6 weeks post-op, continuous wear of sling with abduction pillow

- PROM:
 - Until 4 weeks post-op PROM is limited as follows:
 - Flex/abd to 90 degrees
 - ER to 45 degrees
 - IR to 40 degrees
 - Until 6 weeks post-op PROM is limited as follows:
 - Flex to 130 degrees
 - Abd to 90 degrees
 - ER to 45 degrees
 - IR to 40 degrees

Phase III (6 weeks – 12 weeks)

- ROM:
 - PROM as tolerated
 - Begin AAROM
 - At 7 weeks post-op, begin AROM
 - Begin AAROM in gravity eliminated position

- Strengthening:
 - Sub-maximal isometrics
 - Begin prone scapular retraction/prone I
 - At 8 weeks post-op may begin resisted ROM and theraband strengthening
 - Begin in a smaller ROM (< 90 degrees) and build to full ROM

Phase IV (12+ weeks)

- Exercises:
 - Begin weight-bearing exercises
 - Begin proprioception exercises
 - Begin in a smaller ROM (< 90 degrees) and build to full ROM
 - At 16 weeks post-op, begin plyometrics



Adapted From:

- 1) Pogorzelski, Jonas, et al. "Superior Capsule Reconstruction for Massive Rotator Cuff Tears- Key Considerations for Rehabilitation." *The International Journal of Sports Physical Therapy*, vol. 12, June 2017, pp. 481–493.
- 2) Superior Capsular Reconstruction Post-Surgical Rehabilitation Protocol, Orthopedic Specialists of NC. Accessed March 2021.
- 3) Cole, Brian MD, MBA. Shoulder- Superior Capsular Reconstruction (SCR) Rehabilitation Protocol, 2014.
- 4) Superior Capsule Repair Protocol, Hamilton Orthopedic Spine & Sports Medicine. Accessed March 2021.

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324 Roxbury Road * Rockford, IL * Phone (815) 484-6990 * Fax (815) 484-6961