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## Superior Capsular Reconstruction Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p><b>Phase 1 (0-2 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Pain control</li> <li>● Elbow ROM</li> <li>● Decrease swelling</li> </ul>	<p>Abduction sling at all times</p>	<ul style="list-style-type: none"> <li>● PROM FE 60, ER 30, AB 60</li> <li>● Codman shoulder pendulums</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● GameReady</li> <li>● Compression</li> <li>● Edema control</li> </ul>	<ul style="list-style-type: none"> <li>● Neck, elbow, wrist ROM</li> <li>● Scapular retraction and depression</li> <li>● Pendulums</li> </ul>
<p><b>Phase 2 (2-6 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Pain control</li> <li>● Minimal ROM</li> </ul>	<p>Abduction sling at all times until 6 weeks</p>	<p>PROM limitations until week 6 (limit 30 degrees external rotation, 90 degrees flexion, 60 degrees abduction)</p> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Gentle Massage</li> <li>● Cryotherapy</li> </ul>	<ul style="list-style-type: none"> <li>● Continue neck, elbow, hand ROM</li> <li>● Continue pendulums</li> <li>● Progress PROM after week 4</li> <li>● Scapular stabilizers</li> </ul>

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<p><b>Phase 3 (7-12 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>• Full PROM</li> <li>• (full FE, ABD, ER, IR to belt)</li> </ul>	<p>Wean Sling week 7</p> <p>5 pound weightbearing restriction starting week 6 for 2 weeks, then progress</p>	<ul style="list-style-type: none"> <li>• Active assist and AROM starting week 6, progress to full</li> </ul> <p>Manual</p> <ul style="list-style-type: none"> <li>• Push to get full PROM</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>• Ice/stim PRN</li> </ul>	<ul style="list-style-type: none"> <li>• Isometrics: internal and external rotation, biceps and triceps</li> <li>• Sidelying external rotation, salutes, prone extension and horizontal abduction</li> <li>• Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER</li> <li>• Endurance <u>starting week 10</u>: IR and ER, theraband rows, bicep curls, tricep extension</li> <li>• Closed chain stability</li> </ul>
<p><b>Phase 4 (13-18 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>• Maintain full AROM and PROM</li> </ul>	<p>increase weightbearing</p> <p>no restrictions</p>	<ul style="list-style-type: none"> <li>• Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>• External rotation strengthening at 45 and 90 degrees</li> <li>• Bear hugs</li> <li>• Statue of liberty</li> <li>• Push-up plus progression</li> </ul>
<p><b>Phase 5 (18+ weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>• Increase muscular power</li> </ul>	<p>Restrictions lifted</p>	<ul style="list-style-type: none"> <li>• Continue Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>• PNF exercises with resistance</li> <li>• Decelerations and plyometric external rotation</li> <li>• <u>18 weeks</u> - Progress to sport-specific and overhead activities</li> </ul>