

# Superior Capsular Reconstruction Postoperative Protocol

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**Patient Name:**

**Date of Surgery:**

Formal physical therapy will usually start 4-5 weeks following surgery.

In general, patients are instructed that the first month is to allow healing, the second month is for stretching and the third/fourth months are for strengthening.

## **Phase I - Weeks 0-3**

Bolster sling at all times except when undergoing PT  
Supported pendulums with elbow bent  
Begin active scapular retraction/protraction exercises with therapist cueing

## **Phase II - Weeks 4-8**

Regular sling at all times except when undergoing PT  
Pendulums to warm up  
Supine external rotation - 0°-30° beginning week 4  
Supine forward elevation - 0°-90° beginning week 4

**MD recheck week 6**

## **Phase III - Weeks 9-12**

Discontinue sling  
Pendulums to warm up  
Active range of motion with terminal stretch  
Supine external rotation - progress **gradually** to full  
Supine forward elevation - progress **gradually** to full  
Internal rotation - full (begin behind the back)  
Begin active range of motion in supine and progress to upright  
Progress to upright as tolerated with external rotation and forward elevation

**MD recheck week 12**

**Phase IV - Weeks 13-19**

Pendulums to warm up

Continue phase III exercises including external and internal rotation exercises

Standing forward punch

Seated rows

Shoulder shrugs and biceps curls

**MD recheck week 18**

**Phase V - Week 20**

Weight training with precautions noted below

Keep hands within eyesight

Keep elbows bent (no long lever arms)

No military press, pull-downs behind the head, or wide grip bench

**Initiation of interval sport programs**

Golf: 5-6 months

Tennis: 7-8 months

Skiing: 7-8 months