



HAND to
SHOULDER
CENTER

o f w i s c o n s i n

Dr. Hennigan

SUPERIOR CAPSULE RECONSTRUCTION

9/1/2020 (TP)

Date of Surgery: _____

INDICATIONS FOR PROCEDURE:

- Patient has irreparable rotator cuff and is not a candidate for a reverse total shoulder arthroplasty

WEEK 0-6 (No formal therapy):

GOALS:

- To protect the repair
- Patient to be compliant with prescribed activity modification, precautions, and home exercise program to allow for proper healing.
- Promote healing and wound closure without infection.
- Patient will demonstrate ability to perform HEP as prescribed and instructed.

PRECAUTIONS:

- No shoulder motion
- No supporting of body weight by involved arm.

SLING:

- Continual wear of sling with ER pillow in place

EXERCISE PROGRAM (3-4x/day):

- AROM of elbow, forearm, wrist and hand
- Short-arc pendulum/Codman's exercise
- Scapular retraction
- Grip strengthening
- Scar mobilization

WEEK 6-12 POST-OP:

PRECAUTIONS:

- No active use of involved arm for activities above waist level.
- No supporting of bodyweight by involved arm.
- No lifting of objects (even light objects).
- No strengthening

SLING: OK to remove ER pillow and discontinue sling at night. Wean out of sling for waking hours over the next two weeks.

EXERCISE PROGRAM:

- Initiate PROM and AAROM into flexion, abduction, and ER
- Initiate scapular protraction and depression
- Address postural re-education

WEEK 12-14 POST-OP:

PRECAUTIONS:

- No excessive behind the back movements.
- No sudden, jerky movements.
- No supporting bodyweight by involved arm.
- No Strengthening

EXERCISE PROGRAM:

- Continue progression of PROM and AAROM in all planes.
- Initiate AROM in all planes
 - Week 12-13 perform in supine
 - Week 13-14 perform at 45 degrees then upright
- Dynamic stabilization exercises for scapular stabilization.
- Address AC joint and SC joint limitations

WEEK 14-18 POST-OP:

EXERCISE PROGRAM:

- Increase AROM in all planes as tolerated
- Begin isometrics including scapular stabilizers

WEEK 18-24 POST OP:

EXERCISE PROGRAM:

- Progress AROM in all planes, no restrictions
- Begin gentle resistance exercises for intact cuff and deltoid, strengthening with one day of rest in between.