

## 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
- 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

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### Phase III (6 weeks – 12 weeks post-op)

- 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 post-op)

- 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.