Superior Capsular Reconstruction

Name: _____ DOB: _____

Dr: Cinque DOS: _____

No Motion x 6 weeks

Passive ROM RESTRICTIONS at 6 weeks

FE: full

ER: full

IR: full

ABD: full

Begin full AROM

8 weeks

Sling

8 weeks

ROM & Muscle Initiation	**1-2**	**3-4**	**5-6**	**7-8**	**9-10**	**11-15+**	**16-21+**	**22-26+**	**27+**
Scapular retraction - depression									
Cervical, elbow, wrist & hand ROM									
Pendulums									
Passive ROM: A) Ext rotation & internal rotation to belt B) Forward elevation & scaption C) Abduction									
Active assist ROM: A) External & internal rotation B) Forward elevation & scaption									
Isometrics A) External & internal rotation B) Biceps & triceps									
Active ROM A) Sidelying external rotation B) Forward elevation & scaption C) Salutes (lawn chair progression) D) Prone extension & horizontal abd G) Open chain proprioception									
Low load prolonged stretches: A) Towel internal rotation B) Cross arm C) Sleeper D) 90/90 external rotation									
Progress to Endurance: 6+ wks & PROM FE 120, Abd 90, Ext Rot 30, Q DASH <60%,									
Muscular Endurance 3 x 15, 45s rest						**11-15+**			
External & internal rotation									
Punches with a plus									
Sport cord rows									
Prone lower trap									
Bicep curls / tricep extension									
Closed chain stability									
Progress to Strength: 12+ wks & AROM FE 120, Abd 120, Ext Rot 45, Q DASH <45%									
Muscular Strength 3 x 10 120s rest							**16-21+**		
External rotation at 45° & 90°									
Bear hugs									
Statue of liberty									
Push up plus progression									
Progress to Power: 18+ wk + *strength >80% contralateral: Full can, Abd, Belly press, ER@0, IR@0, QDASH <20%*									
Muscular Power 3 x 6, 180s rest								**22-26+**	
Advanced closed chain stability									
PNF with resistance									
Decelerations & Plyometric ext rotation									
Progress to High Level: 24+ wks + strength >90% contralateral side (motions as above), CKCUEST >21 / 15s									
High Level Activities								**22-26+**	**27+**
Skiing									
Overhead & serving sports									
Golf									