

## **Superior Glenohumeral Capsular Reconstruction**

Individual patient circumstances may affect the guideline (tear configuration, fixation used, associated procedures, etc.)

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-6	<ul> <li>Protect surgical site</li> <li>Reduce muscle atrophy</li> <li>Reduce swelling</li> <li>Decrease pain and inflammation</li> </ul>	<ul><li>Avoid shoulder ROM</li><li>Wear sling at all times</li></ul>	<ul> <li>PRICE <ul> <li>Cryotherapy: 5-7 times per day</li> <li>Compression with TubiGrip/TEDS</li> </ul> </li> <li>Hand/wrist/elbow motion only</li> <li>Pendulums</li> <li>Grip strengthening</li> </ul>
Weeks 6-12	<ul> <li>Progress ROM through comfortable passive range</li> <li>Promote rotator cuff muscle activation</li> </ul>	<ul> <li>Ween from sling</li> <li>Avoid AROM/AAROM</li> <li>Avoid resistance prior to 3 months</li> </ul>	<ul> <li>PROM only (within comfortable range)</li> <li>Hand/wrist/elbow motion</li> <li>Pendulums</li> <li>Grip strengthening</li> <li>Scapular strengthening</li> <li>Initiate rotator cuff isometrics after week 10</li> </ul>
Weeks 12-18	<ul> <li>Progress ROM <ul> <li>Flexion to 120°</li> <li>Abduction to 90°</li> <li>External rotation to 40°</li> </ul> </li> <li>Initiate pain-free shoulder strengthening</li> </ul>	• Avoid pain with motion or strengthening exercises	<ul> <li>PROM -&gt; AAROM -&gt; AROM (slowly)         <ul> <li>Ex. Start in supine with flexion -&gt; back propped to 45° -&gt; standing</li> </ul> </li> <li>Initiate AROM at 16 weeks</li> <li>Continue with rotator cuff isometrics -&gt; isotonics         <ul> <li>Sidelying shoulder ER</li> <li>Sidelying shoulder abduction</li> <li>Supine protraction</li> <li>Prone retraction</li> </ul> </li> <li>Scapular strengthening</li> <li>Blood flow restriction; if applicable</li> </ul>
Weeks 18+	<ul> <li>Full ROM in all planes</li> <li>Achieve strength up to 90% LSI with the rotator cuff</li> </ul>	<ul> <li>Avoid pain with motion or strengthening exercises</li> <li>Avoid full or empty-can exercises</li> <li>Rest a day between sessions</li> </ul>	<ul> <li>Progress AROM as tolerated</li> <li>Continue RC and scapular strengthening</li> <li>Prone shoulder strengthening</li> <li>Continue work-specific activity</li> </ul>

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.