

**Physical Therapy Protocol:  
SUPERIOR CAPSULE RECONSTRUCTION**

**Recommendation:** PT/ OT 2-3 visits per week for 8-12 weeks

**Immediate Post-Operative Period**

- Sling for 4-6 weeks
- Modalities PRN

**0-6 weeks (Goals: Allow rotator cuff healing and graft incorporation)**

- Sling at all times
- Physical therapy for sling care, monitor healing goals, elbow & wrist ROM
- Active elbow, wrist, and finger ROM only – NO SHOULDER ROM
- Pendulums (small arc) allowable

**6-12 weeks (Goal: Begin some motion -- passive and active-assisted)**

- Begin passive and active-assisted ROM (forward elevation in scapular plane and external rotation at the side) to the limits outlined by the physician:
  - Forward Elevation Limit: 0-90
  - External Rotation Limit: 0-30
  - Internal Rotation Limit: 0-Sacrum

**3-6 months (Goal: Full active motion)**

- Start active motion
- All active motion should begin in supine position and progress to upright over time
- Advance ROM as symptoms allow (full forward elevation, external rotation, and internal rotation)

**6 months**

- Start light strengthening with weights 5-10 lbs