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Rehabilitation Protocol: Arthroscopic Superior Capsular Reconstruction Rehabilitation Guidelines

Biceps Tenodesis: (If box checked follow attached rehabilitation modifications)

- Avoid terminal elbow extension (10-20°) for first 2 weeks
- No elbow hyperextension or stretching exercises for first 4 weeks
- No resistive elbow flexion exercises, strengthening, or lifting > 2 lbs for first 6 weeks

Phase I Protective Phase (week 0-6)

Goals

- Gradual return to full ROM
- Increase shoulder strength
- Decrease pain

0-3 Weeks

- Fit sling for comfort (1-3) weeks
- Perform pendulum exercises.
- Perform GI-II GH glides.
- Initiate active-assisted ROM exercises (L-bar exercise).
- Initiate PROM IR/ER @ 30 degrees ABD.
- Employ ROM exercises in a nonpainful range, with gentle and gradual increase of motion to tolerance.
- Perform elbow ROM, hand gripping.
- Perform scapular strengthening exercises.
- Initiate humeral head stabilization exercises if Post Cuff Intact.
- Begin isometrics (submaximal, subpainful isometrics):
 - Abductors
 - Flexors
 - Extensors
 - External rotators
 - Internal rotators
 - Elbow flexors
- Use pain-control modalities (ice, high-voltage galvanic stimulations [HVGS]).

3-6 Weeks

- Progress all exercises (continue all above exercises).
- Perform active-assisted ROM L-bar exercises ER/IR (Shoulder at 45 degrees abduction).
- Begin surgical tubing ER/IR (arm at side).

Phase II Intermediate Phase (6-12 weeks)

Goals

- Full, nonpainful ROM
- Improve strength and power
- Increase functional activities; decrease residual pain

6-10 Weeks

- Perform active-assisted ROM exercises (L-bar):
Flexion to 160 to 170 degrees
Perform ER exercises with 0 degrees abduction:
ER to 20 to 40 degrees
- Perform strengthening exercises for shoulder.
Perform exercise tubing ER/IR with arm at side.
- Initiate PROM IR/ER @ 90/90 degrees ABD.
Use isotonic dumbbell exercise for the following:
Deltoid
Elbow flexors
Scapular muscles
- Use upper body ergometer.
- Full PROM is the goal weeks 6-10.

10-12 Weeks

- Perform ER/IR at 90 degrees abduction of shoulder:
ER to 30 to 60 degrees
- IR to 55 to 75 degrees
- Continue all above exercises.
- Initiate isokinetic strengthening (scapular plane).
- Initiate side-lying ER/IR exercises (dumbbell).
- Initiate neuromuscular scapulae control exercises.

Phase 3 Advanced Strengthening Phase (Weeks 13-17)

Goals

- Maintain full, nonpainful ROM
- Improve shoulder complex strength
- Improve neuromuscular control
- Gradual return to functional activities.

13-17 Weeks

- Begin active stretching program for the shoulder.
Use active-assisted ROM L-bar flexion, ER/IR.

- Perform capsular stretches.
- Initiate aggressive strengthening program (isotonic program):
Shoulder flexion
Shoulder abduction
ER/IR
Elbow flexors/extensors
Scapular muscles
- Perform an isokinetic test (modified neutral position) at week 14:
ER/IR at 180 and 300 degrees per second
- Begin general conditioning program.
- Initiate interval sport program.

Phase 4 Return to Activity Phase (18-21 Weeks)

Goals

- Gradual return to recreational sport activities
- Perform isokinetic test (modified neutral position).
- Continue to comply with interval sport program.

Please send progress notes.

Physician's Signature: _____

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(I have medically prescribed the above treatments)