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SUPERIOR CAPSULE RECONSTRUCTION POSTOPERATIVE PROTOCOL

0-2 Weeks

- Sling immobilization is utilized for 6 weeks - sling is only removed for hygiene, showering and therapy
- No shoulder motion
- Begin passive elbow motion
- Begin wrist and hand
- Return visit to the office for a 2 week visit

2-6 Weeks

- Sling immobilization is utilized for 6 weeks - sling is only removed for hygiene, showering and therapy
- Continue passive and begin active-assisted range of motion of the elbow
- Continue active range of motion of the wrist and hand
- No shoulder range of motion exercises
- No shoulder strengthening exercises
- Return visit to the office for a 6 weeks visit

6-12 Weeks

- Discontinue sling immobilization
- Active range of motion of elbow, wrist and hand
- Begin active shoulder range of motion in all planes with no motion restrictions - Progress to regain full range of motion
- No shoulder strengthening exercises
- Return visit to the office for a 12 week visit

3-6 Months

- Continue active range of motion of elbow, wrist and hand
- Continue active shoulder range of motion in all planes with no motion restrictions and maintain full range of motion
- Begin Deltoid, Rotator Cuff and Periscapular muscle strengthening exercises - Advance strengthening exercise as tolerated
- Return visit to the office for a 6 months visit

This protocol represents an overview of the standard postoperative course. Each patient's medical condition is unique, and thus, variations may be needed to tailor the rehabilitation protocol to optimize recovery.