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**PHYSICAL THERAPY PROTOCOL  
SUPERIOR CAPSULE RECONSTRUCTION**

<b>PRECAUTIONS</b>	Sling for 4-6 weeks
<b>PHASE 0 - QUIET</b> Week 0 - 4	<ul style="list-style-type: none"> <li>▪ Quiet in sling with elbow/wrist/hand</li> <li>▪ Supported pendulums with elbow bent</li> <li>▪ Begin active scapular retraction/protraction exercises with therapist cueing</li> </ul>
<b>PHASE 1 – PASSIVE</b> Week 5 - 8	<ul style="list-style-type: none"> <li>▪ <i>Pendulums to warm-up beginning week 5</i></li> <li>▪ Supine External Rotation – 0°-30° beginning at week 5</li> <li>▪ Supine Forward Elevation - 0°-90° beginning at week 5</li> </ul>
<b>PHASE 2 – ACTIVE</b> Week 9 - 12	<ul style="list-style-type: none"> <li>▪ <i>Pendulums to warm-up</i></li> <li>▪ <i>Active ROM with terminal stretch</i></li> <li>▪ Supine External Rotation – after 8 weeks, progress gradually to full</li> <li>▪ Supine Forward Elevation – after 8 weeks, progress gradually to full</li> <li>▪ Supine Internal Rotation – Full (begin behind the back)</li> <li>▪ Begin AROM in supine and progress to upright</li> <li>*progress to upright as tolerated with ER and FE</li> </ul>
<b>PHASE 3 – RESISTED</b> Week 8	<ul style="list-style-type: none"> <li>▪ <i>Pendulums to warm-up and continue with phase 2</i></li> <li>▪ External and Internal Rotation</li> <li>▪ Seated Rows</li> <li>▪ Standing forward punch Bicep Curls</li> </ul>
<b>Weight Training</b> Week 10 - 12	<ul style="list-style-type: none"> <li>▪ Keep hands within eyesight, keep elbows bent, no long lever arms</li> <li>▪ Minimize overhead activities (below shoulder) (No military press, pull-down behind head, or wide grip bench)</li> </ul>
<b>Return to Activities</b>	<p>Golf - 3 months (chip and putt only)  Tennis - 4 months  Skiing – 3-4 months</p>