

## Superior Capsular Reconstruction Steadman Hawkins Protocol

Ultra sling for 4-6 weeks

Regular sling for 2-4 weeks

### **Phase 0 – QUIET**

Week 0-4

Quiet in sling with elbow/wrist/hand  
Supported pendulums with elbow bent  
Begin active scapular retraction/protraction exercises with therapist cueing

### **Phase 1 – PASSIVE**

Week 5-8

*Pendulums to warm-up beginning week 5*

Supine External Rotation – 0°-30° beginning at week 5  
Supine Forward Elevation - 0°-90° beginning at week 5

### **Phase 2 – ACTIVE**

Week 9-12

*Pendulums to warm-up*  
*Active ROM with terminal stretch*

Supine External Rotation – after 8 weeks, progress gradually to full  
Supine Forward Elevation – after 8 weeks, progress gradually to full  
Supine Internal Rotation – Full (begin behind the back)  
Begin AROM in supine and progress to upright  
\*progress to upright as tolerated with ER and FE

### **Phase 3 – RESISTED**

Week 13

*Pendulums to warm up and continue with phase 2*

External and Internal Rotation  
Standing forward punch  
Seated Rows  
Bicep Curls

### **Weight Training**

Week 20

Keep hands within eyesight, keep elbows bent, no long lever arms  
Minimize overhead activities (below shoulder)  
(No military press, pull-down behind head, or wide grip bench)

### **Return to Activities**

Golf	5-6 months
Tennis	7-8 months
Ski	7-8 months