

Palmetto Health USC

ORTHOPEDIC CENTER

**104 Saluda Point Drive
Lexington, SC 29072
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S. WENDELL HOLMES, JR., M.D.

Superior Capsular Repair (SCR)

Postoperative Management (unless advised by MD):

1. Sleep with sling for 6 weeks
2. PASSIVE ROM ONLY for FIRST 6 WEEKS.
3. No driving until off narcotics—automatic. No manual until 8 weeks for right shoulder
4. May remove pillow at 6 weeks, D/C sling at 8 weeks

Post op Day 1 – 6 weeks

1. Pendulums
2. Shrugs
3. Scapula retraction without resistance
4. PROM to tolerance.
5. Cryotherapy

6 weeks – 10 weeks post op

1. Submaximal isometrics ER, IR, Flexion, Extension, Abduction
2. Body Blade: flex/ext and ER/IR (rhythmic stabilization) at side
3. AAROM exercises with pulleys and wand
4. Light resisted scapula retraction
5. Light resisted elbow flexion
6. Light resisted shrugs
7. Achieve full PROM all planes if not initiate gentle stretching to pain tolerance
8. Wall walks
9. AROM 10 weeks all planes
10. UBE at 10 weeks

12 weeks – 16 weeks post op

1. Begin light strength exercises with thera-band and dumbbells when tolerated
* resisted scaption (full can), flexion and abduction to 90 degrees
2. Continue to program and initiate plyometric training, dynamic stabilization activities progressing towards overhead/athletic activities
3. Instruct in HEP and prepare to D/C when appropriate