

# Dr. Hafiz F. Kassam | Orthopedics

Advanced Shoulder and Elbow Reconstruction,  
Sports Medicine and Trauma Surgery

## ARTHROSCOPIC SUPERIOR CAPSULAR RECONSTRUCTION PHYSICAL THERAPY REFERRAL

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

PT/OT 2-3 visits per week for 8-12 weeks

### Immediate Post-Operative Period

- Sling for 4-6 weeks
- Modalities PRN

### 0- 6 weeks (Goals: allow ROTATOR CUFF HEALING and GRAFT INCORPORATION)

- Sling at all times
- No Physical Therapy
- Active Elbow, wrist, and finger ROM only – **NO SHOULDER ROM**
- Pendulums (small arc) allowable

### 6-12 weeks (Goal: Begin some motion- passive and active assisted)

- Discuss with physician and follow specific instructions
- Begin passive and active-assisted ROM (forward elevation in scapular plane and external rotation at the side) to the limits outlined by physician:
  - Forward Elevation Limit: 0-90
  - External Rotation Limit: 0-30
  - Internal Rotation Limit: 0-Sacrum

### 3-6 months Start Active Motion (Goal: Full active motion)

- All active motion should begin in supine position and progress to upright over time
- Advance ROM as symptoms allow (full forward elevation, external rotation, and internal rotation)

### 6 months

- Start light strengthening with weights 5-10 lbs

Signature \_\_\_\_\_ Date \_\_\_\_\_

Renew Therapy \_\_\_\_\_ Date \_\_\_\_\_