



ORTHOPEDIC SURGERY

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PODIATRY

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CLINIC LOCATIONS

Spencer
Storm Lake
Spirit Lake
Estherville
Emmetsburg
Pocahontas
Cherokee
Primghar
Sibley
Algona

OFFICE LOCATIONS

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2301 HWY 71, Suite E
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Phone: 712-336-8708
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www.nwiabone.com

SUPERIOR CAPSULAR RECONSTRUCTION REHABILITATION

Phase I (1-3 Weeks post-op)

Goal:

- Maintain integrity of the reconstruction
- No rotator cuff tissue repaired; therefore do not expect significant changes in UE strength
- Initiate safe and gradual passive ROM
- Diminish pain and inflammation
- Decrease muscle tightness and spasms

Sling: 4 weeks post-op unless specified

RANGE OF MOTION

Initiate PT 4-7 days post-op:

Flexion, Scaption and ER

Pulleys, and pendulums

Goal by the end of 3 weeks: Non-painful ROM Flex 0-110, Abd 110, ER 10

STRENGTH:

Beginning at Week 2

Sub-Max isometrics 1-2x 10 reps: flex, Ext, ER, IR, and Abd

THERAPIST:

- Initial evaluation
- PROM in Flexion, Scaption, and ABDuction and ER
- Soft tissue mobilization to upper, mid and lower trap
- Decrease pain modalities

Activities:

No functional use of the involved arm

Phase II (3-7 Weeks)

Goal:

- Maintain integrity of the repair

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- Continue passive range of motion
- Initiate active assistive ROM exercises
- Diminish pain and inflammation
- Do not overstress healing tissue

RANGE OF MOTION

- Continue ROM with rope and pulley
- Begin wand exercises in supine
- Goals: Flex to 145, ABD: 145, ER: 25, initiate extension
- **If ROM exceeds goals it is ok as long as no presence of spasms or pain
- DO NOT aggressively stretch to obtain ROM

STRENGTH

- Begin active assistive ROM with wand @ 3 weeks, begin seated rope and pulley
- Begin very low level active gravity assisted exercises

THERAPIST (make sure patient is doing well with ROM by week 5 before progressing with strength)

- Begin AAROM in all planes
- Start ER and IR at 45 of ABD
- Begin gentle rhythmic stabilization at balanced position and IR/ER at 45 of ABD
- Begin manual scapular patterns to protect shoulder
- Decrease pain modalities

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