

REHAB PROTOCOL FOR SUPERIOR CAPSULAR RECONSTRUCTION

TIME POST OP	
Day 1 Day Surgery Unit	Sling – 2 weeks duration Elbow, wrist and hand exercises Scapular movements Instructions for sling, washing and dressing Physio post op shoulder clinic appointment the following Wednesday Advice Driving 4 weeks Sedentary work 3 weeks Heavy work 12-16 weeks Contact sport – 6 months
2 weeks Out-patient Physio	Start passive shoulder ROM (Flexion, abduction and rotation) Start isometric ER and IR if op notes indicate intact infraspinatus and subscapularis tendons Start scapular stabilisation exercises
2 – 12 weeks	Start graduated deltoid programme Start active assisted exercises Progress to active when correct movement pattern achieved Progress Start rotator cuff strengthening through range Start proprioceptive training
12 weeks onwards	Sports specific rehab
Complications	Infection Post-surgical stiff shoulder Failure of construct
Final Goals	Good functional pain free RoM Outcome measure – Oxford shoulder score

ABOUT MR GEORGE-MALAL

Mr Joby George-Malal is an experienced Consultant Orthopaedic Surgeon with special interest, training and expertise in upper limb (shoulder/ elbow/ hand) problems.

CLINICS

SPIRE HARPENDEN HOSPITAL, HARPENDEN
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