



Outcomes by HOPCo

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Swift Shoulder Institute - Physical Therapy Protocols

Superior Capsular Reconstruction

- Weeks 0-6: Sling. Full PROM, except limit IR to hip.
- Weeks 6-12: D/C sling. Progress AROM/PROM with coffee-cup lifting restriction.
- Weeks 12-16: Progress AROM/PROM with 5lb. lifting restriction.
- Weeks 16-20: Progress ROM/strengthening, with 10 lb. lifting restriction.
- Weeks 20-24: Progress ROM/strengthening as tolerated.
- Weeks 24+: Return to contact sports and activities as tolerated.