



## Post-Operative Rehabilitation for Subscapularis Repair

### Phase I: Weeks 0-6

- Sling
  - 0-2 Weeks: Worn at all times, including sleep. May remove for showering and exercise.
  - 2-6 Weeks: Worn during the day.
- ROM
  - 0-3 Weeks: NONE
  - 3-6 Weeks: Begin PROM
    - LIMIT Flexion to 90°, ER to 45° and Extension to 20°
- Exercises:
  - 0-2 weeks: Elbow/wrist ROM, grip strengthening
  - 2-6 week: Begin PROM (see above), Codman's, Posterior capsule mobilizations
  - **NO** Stretching of anterior capsule or extension
  - **NO** active IR

### Phase II: Weeks 6-12

- ROM
  - Begin active/active assisted ROM
  - Passive to tolerance
  - GOALS: Full ER, Flexion 135°, Abduction 120°
- Exercises:
  - Keep all strengthening exercises below the horizontal plane
  - Continue Phase I exercises
  - 8 Weeks: Begin active-assisted exercises, deltoid/rotator cuff isometrics
  - Begin resistive scapular stabilizer exercises, biceps, triceps and Rotator cuff
  - **NO** resisted IR

### Phase III: Weeks 12-16

- ROM
  - Gradual return to Full/pain free AROM
- Exercises:
  - Advance Phase II exercises; emphasis on ER and latissimus eccentrics, glenohumeral stabilization

- Begin upper body ergometer
- 12 Weeks: may begin cycling/running

**Phase IV: 4-5 months**

- ROM: Full/Pain free
- Exercises:
  - Aggressive scapular stabilization and eccentric strengthening exercises
  - Begin plyometric and throwing/racquet progression
  - Continue with endurance activities

**Phase V: 5-7 months:**

- ROM: Full/Pain free
- Exercises:
  - Progress Phase IV exercises
  - Return to full activity as tolerated