



# Subscapular Repair Rehabilitation Protocol

## **Phase 1**

(0-6 weeks post-op)

### **Range of Motion**

**0-3 weeks:** None

**3-6 weeks:** Begin PROM

Limit 90° flexion, 45° ER, 20° extension

### **Immobilizer**

**0-2 weeks:** Immobilized at all times day and night

Off for hygiene and gentle exercise according to instruction sheets

**2-6 weeks:** Worn daytime only

### **Therapeutic Exercise**

**0-2 weeks:** Elbow/wrist ROM, grip strengthening at home only

**2-6 weeks:** Begin PROM activities

Limit 45° ER

Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; No active IR

## **Phase 2**

(6-12 weeks post-op)

### **Range of Motion**

Begin active/active assisted ROM, passive ROM to tolerance

Goals: full ER, 135° flexion, 120° abduction

### **Immobilizer**

None

### **Therapeutic Exercise**

Continue Phase 1 work; begin active assisted exercises, deltoid/rotator cuff isometrics at 8 weeks

Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff\*

No resisted IR



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## **Phase 3**

(12-16 weeks post-op)

### **Range of Motion**

Gradual return to full AROM

### **Immobilizer**

None

### **Therapeutic Exercise**

Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization

Begin muscle endurance activities (upper body ergometer)

Cycling/running as tolerated at 12 weeks

## **Phase 4**

(4-5 months\*\* post-op)

### **Range of Motion**

Full & Pain-free

### **Immobilizer**

None

### **Therapeutic Exercise**

Aggressive scapular stabilization and eccentric strengthening

Begin plyometric and throwing/racquet

program, continue with endurance activities

Maintain ROM and flexibility



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# Subscapular Repair Rehabilitation Protocol

## **Phase 5**

(5-7 months post-op)

### **Range of Motion**

Full & Pain-free

### **Immobilizer**

None

### **Therapeutic Exercise**

Progress Phase IV activities, return to full activity as tolerated

**\*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II \*\*Limited return to sports activities**



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