

SUBSCAPULARIS REPAIR REHABILITATION PROTOCOL

PHASE I (0–6 weeks)

Range of Motion (ROM):

- 0–3 weeks: None
- 3–6 weeks: Begin PROM; limit 90° flexion, 45° external rotation (ER), 20° extension

Immobilizer:

- 0–2 weeks: Immobilized at all times, day and night. Off for hygiene and gentle home exercises according to instruction sheets
- 2–6 weeks: Worn daytime only

Exercises:

- 0–2 weeks: Elbow/wrist ROM, grip strengthening at home only
 - 2–6 weeks: Begin PROM activities; limit 45° ER
 - Codman's exercises, posterior capsule mobilizations
 - Avoid stretch of anterior capsule and extension; no active internal rotation (IR)
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PHASE II (6–12 weeks)

Range of Motion (ROM):

- Begin active/active-assisted ROM, passive ROM to tolerance
- Goals: full ER, 135° flexion, 120° abduction

Immobilizer: None

Exercises:

- Continue Phase I exercises
- Begin active-assisted exercises
- Deltoid/rotator cuff isometrics starting at 8 weeks
- Begin resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff

- No resisted IR
*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
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PHASE III (12–16 weeks)

Range of Motion (ROM): Gradual return to full active ROM

Immobilizer: None

Exercises:

- Advance Phase II activities
 - Emphasize external rotation and latissimus eccentrics, glenohumeral stabilization
 - Begin muscle endurance activities (upper body ergometer)
 - Cycling/running allowed at 12 weeks
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PHASE IV (4–5 months)

Range of Motion (ROM): Full and pain-free

Immobilizer: None

Exercises:

- Aggressive scapular stabilization and eccentric strengthening
 - Begin plyometric and throwing/racquet program
 - Continue endurance activities
 - Maintain ROM and flexibility
**Limited return to sports activities
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PHASE V (5–7 months)

Range of Motion (ROM): Full and pain-free

Immobilizer: None

Exercises:

- Progress Phase IV activities
- Return to full activity as tolerated