

Subscapularis Repair:

Same precautions and limitations apply for repair with TSA, RCR or other shoulder surgical intervention.

Phase I (s/p 1-5 days): No ER.

Phase II (s/p 5 days to 4 weeks): Gradually progress ER to 40 degrees AAROM, No Active IR or Passive ER. No Active extension.

Phase III (s/p 4 weeks to 10 weeks): Active ER may progress to 60 degrees by 6 weeks. Begin Active IR and extension at 6 weeks.

Phase IV (s/p 10 weeks +): No limitation for ER range of motion. Begin resisted IR strengthening.

Subscapularis Debridement:

No Limitations.

Initiation date: 10/5/10

324 Roxbury Rd * Rockford, IL 61107 * Phone 815-484-6990 * Fax 815-484-6961