

Subscapularis Repair

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

Phase I (1-5 days post-op)

- Initiate elbow and wrist ROM and grip strengthening
- Wear sling continuously unless in therapy or doing HEP
- No ER
- Ice PRN

Phase II (5 days – 4 weeks post-op)

- Wear sling continuously unless in therapy or doing HEP
- ROM:
 - No AROM
 - Flexion: no active
 - Passive to 90 degrees x1 week
 - At 2 weeks, passive to 100 degrees
 - Abuction: no active
 - Passive to 90 degrees
 - ER: no passive, no active, gradually progress AAROM ER to 40 degrees
 - IR: no active, PROM at 45 degrees abduction as tolerated
 - Extension: no active
 - Passive limited to 20 degrees
- Joint mobilizations: May begin posterior capsule mobilizations
- Exercises:
 - Pendulums
 - Scapular retraction
 - Sub-max isometrics (NOT IR)

Phase III (4-10 weeks post-op)

- Sling:
 - At 4 weeks, wean from sling in home, continue when in public
 - At 6 weeks, D/C
- ROM:
 - At 4 weeks:
 - PROM
 - Flexion PROM to 140 tolerated
 - ER at 45 degrees of abduction to 20 degrees as tolerated
 - IR at 45 degrees of abduction to 60 degrees as tolerated
 - AAROM
 - Begin into flexion/abduction up to 120-140 degrees
 - AROM
 - Sidelying abd/ER (ER to 50 degrees)

- At 6 weeks:
 - Continue progressing AAROM and AROM all planes as tolerated with ER to 60 degrees
- At 8 weeks: Progress to full AROM
- Exercises:
 - At 4 weeks, add IR isometrics
 - At 5 weeks, self capsular stretching
 - At 8 weeks
 - Rhythmic stabilization/PNFs
 - Add resistance for scapular stabilizers, biceps, triceps, and rotator cuff

Phase IV (10+ weeks post-op)

- No limitation for ROM
- Begin resisted IR strengthening
- Continue stretching and strengthening
- At 14 weeks: begin plyometrics
- At 16 weeks: begin interval sports program, with physician approval
- At 20-24 weeks: Throwing off mound
- 6-9 months: unrestricted return to sport, with physician approval

Adapted From:

- 1) Briancolemd.com
- 2) Hanyelrashidymd.com
- 3) Wilk, KE. Shoulder Subscapularis Repair: Rehabilitation Following Arthroscopic Subscapularis Repair. Advanced Continuing Education Institute, LLC. 2019.