

## Subscapularis Repair Rehabilitation Protocol

*The intent of this protocol is to provide the clinician with a guideline of the postoperative rehabilitation course of a patient that has undergone an arthroscopic Subscapularis Repair procedure. It is not intended to be a substitute for one's clinical decision making regarding the progression of a patient's post-operative course based on their physical exam/findings, individual progress, and/or the presence of post-operative complications. If a clinician requires assistance in the progression of a post-operative patient they should consult with Dr. Fullick.*

### **Weeks 1-2:** Rest and Healing

- Sling Immobilizer:
  - At all times except exercises
- HEP:
  - Distal ROM with scapular retraction
  - Manual scapular manipulation with patient lying on non-operative side
  - Supine passive FF in scapular plane to 90
  - Supine passive ER to 0

### **Weeks 2-6:** Protective/Early Motion Phase

- Sling Immobilizer:
  - At all times except exercises; Discontinue after week 4
- PROM:
  - Forward flexion in scapular plane – No limits
  - External rotation 20 degrees
  - Internal rotation 30 degrees
- Therapeutic exercises:
  - Codmans, wand exercises
- Strengthening:
  - RTC isometrics with arm in 0 degree abduction and neutral rotation
  - Scapular stabilization, no resistance
  - Abdominal and trunk exercises

### **Weeks 7-12:** Early Strengthening Phase

- PROM/AAROM:
  - FF/ ER/ IR - Full (go slow with ER)

- Therapeutic exercises:
  - Continue wand exercises for ER/IR/FF
  - Flexibility, horizontal adduction (post capsule stretching)
- Strengthening: RTC isotonic strengthening exercises
  - AROM: side-lying ER and supine FF in scapular plane
  - Progress to standing FF
  - ER/IR @ modified neutral w/ elastic bands
- Progress to rhythmic stabilization exercises
- Progress to closed chain exercises

### **Weeks 12+:** Late Strengthening Phase

- Progress isotonic strengthening: periscapular and RTC musculature
  - Lat pull downs
  - Row machine
  - Chest press
- Flexibility: side-lying post capsule stretch
- Progress scapular stabilization program
- Initiate isokinetic strengthening (IR/ER) in scapular plane
- Begin light plyometrics at 16-18 weeks
- Individualize program to meet demands of sport specific requirements at 20-24 weeks
- Initiate throwing program for overhead athletes at 20-24 weeks