

## Shoulder - 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
  - Abduction: 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)

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### Phase III (continued)

- 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.*