

## Post-operative Rehabilitation Protocol

### Isolated Subscapularis Repair

<b>General Guidelines</b>	<ul style="list-style-type: none"> <li>- Supervised physical therapy typically takes place for 4-5 months after surgery</li> <li>- You will be wearing a sling for 6 weeks after surgery to protect the subscapularis repair</li> <li>- No active internal rotation for 12 weeks</li> <li>- Do not support body weight with involved arm for 12 weeks</li> <li>- PT should begin after first post-op visit at 2 weeks</li> <li>- Contact therapist or physician for questions or concerns</li> </ul>		
	<b>Range of Motion</b>	<b>Immobilizer</b>	<b>Exercises</b>
<b>Protection Phase</b> <i>Weeks 0 - 2</i>	No shoulder ROM. Wrist and elbow ROM encouraged	Sling w/ abduction pillow at all times except hygiene	<u>Ice</u> : 20 minutes on, 20 minutes off every hour  <u>Exercises</u> : Pendulums only
<b>Therapy Phase 1</b> <i>Weeks 2 - 6</i>	PROM – AAROM progression, <b>except – No active IR/backwards extension for 6 weeks.</b> ER not beyond 30° due to subscapularis precautions	Sling w/ abduction pillow for total of 6 weeks	<u>Exercises</u> : Pendulums, grip strength, progress ROM  <u>Modalities</u> : Per therapist – E-stim, Ultrasound, heat (before), ice (after)
<b>Therapy Phase 2</b> <i>Weeks 6 - 12</i>	Progress AAROM → AROM. Increase ROM as tolerated with gentle passive stretch at end ranges	Wean out of sling	<u>Exercises</u> : Begin light resisted ER/FF/ABD: isometrics, bands, concentric motions only <b><u>No resisted internal rotation/backwards extension until 12 weeks post-op</u></b>  <u>Modalities</u> : Per therapist
<b>Therapy Phase 3</b> <i>Weeks 12+</i>	Increase ROM as tolerated	None	Continue phase 2 and advance as tolerated for cuff, deltoid and scapular stabilizers. Begin resisted IR/Backward extension with isometrics → Light bands → weights Begin eccentric motions, plyometrics, closed chain exercises