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Subscapularis Repair

0-2 weeks:

Sling: Worn at all times day and night and off for gentle exercise only

Motion: Grip strengthening, pendulum exercises, elbow/wrist/hand ROM at home

2-4 weeks:

Sling: Worn at all times day and night and off for gentle exercise only

Motion: Begin cuff and deltoid isometrics, limit ER to 30

4-12 weeks:

Sling: Discontinue sling at 6 weeks

Motion:

- 4-8 weeks: begin light resisted ER, forward flexion and abduction; closed chain scapula
- 8-12 weeks: begin resisted IR, extension and scapular retraction

12-24 weeks:

Motion: Progress to full activity without discomfort and advance strengthening as tolerated with closed chain scapular rehab and functional rotator cuff strengthening; focus on anterior deltoid and teres

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-6 weeks	0-3 weeks: None 3-6 weeks: Begin PROM Limit 90° flexion, 45° ER, 20° extension	0-2 weeks: Immobilized at all times day and night Off for hygiene and gentle home exercise according to instruction sheets 2-6 weeks: Worn daytime only	0-2 weeks: Elbow/wrist ROM, grip strengthening at home only 2-6 weeks: Begin PROM activities Limit 45° ER Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; No active IR
PHASE II 6-12 weeks	Begin active/active-assisted ROM, passive ROM to tolerance Goals: full ER, 135° flexion, 120° abduction	None	Continue Phase I work; begin active- assisted exercises, deltoid/rotator cuff isometrics at 8 weeks Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff* No resisted IR
PHASE III 12-16 weeks	Gradual return to full AROM	None	Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Cycling/running okay at 12 weeks
PHASE IV 4-5 months**	Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening Begin plyometric and throwing/racquet program, continue with endurance activities



			Maintain ROM and flexibility
PHASE V 5-7 months	Full and pain-free	None	Progress Phase IV activities, return to full activity as tolerated

*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II

**Limited return to sports activities

Please call with questions or concerns at the phone number above.