

Subscapularis Repair Post op Rehab

Weeks 1-4: Rest and Healing Phase

Sling Immobilizer: at all times except for exercises.

HEP:

- Manual scapular manipulation with patient side-lying (non-operative side).
- Supine passive range of motion ROM forward-flexion in scapular plane to 100 degrees.
- Supine passive ROM external rotation to neutral degrees.

Weeks 4-6: Protective/ Early Motion Phase

Sling Immobilizer: at all times except for exercises.

- PROM: Forward Flexion in Scapular Plane- No Limits, External Rotation 20°, Internal Rotation 30°
- Therapeutic Exercises: Codmans, Wand Exercises
- Strengthening: RTC isometrics with arm in 0 degrees of abduction and neutral rotation, Scapular Stabilization, no resistance, Abdominal and Trunk Exercises

Weeks 7-12: Early Strengthening Phase

- Continue above exercises as necessary.
- PROM/AAROM: FF/ER/IR – Full (go slow with ER)
- Therapeutic Exercises:-Cont wand exercises for ER/IR/FF, Flexibility, horizontal adduction (post capsule stretching)
- Strengthening: RTC isotonic strengthening exercises
 - AROM: Sidelying ER and Supine FF in Scapular Plane
 - Progress to Standing FF
ER/IR @ modified neutral w/ elastic bands

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
- 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