

Arthroscopic Subscapularis Repair Rehabilitation Protocol

- Sling for six weeks
- Start physical therapy during first post-op week to work on passive range of motion (PROM)
 - For complete tears, limit external rotation (ER) with arm at the side to 0 degrees for six weeks
 - For partial tears, do passive ER with arm at side to 30 degrees
 - No overhead motion for six weeks
 - Internal rotation (IR) to abdomen
 - Passive forward elevation, extension and horizontal adduction while maintaining the arm in slight internal rotation (below shoulder level)
 - Pendulums
- Starting six weeks post-op
 - Discontinue the sling
 - Start program for passive ER and overhead stretching with rope and pulley
 - Active assistive range of motion (AAROM) and active range of motion (AROM) exercises to be started in all planes
- 12 weeks post-op
 - Full loading permitted
 - Strengthening is initiated
- Unrestricted activities delayed until six months