



Subscapularis Repair
Open or Arthroscopic

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- Phase I – Immediate Post Surgical Phase (Week 0-2)
- Will typically delay formal therapy approximately 2 weeks depending on surgical factors
 - Goals
 - Maintain integrity of repair
 - Gradually increase PROM
 - Decrease pain and inflammation
 - Prevent muscular inhibition
 - Cryotherapy for pain/inflammation
 - Ice 15-20 minutes every hour
 - Sleeping
 - Sleep in sling/brace
 - Precautions
 - No lifting
 - No excessive external rotation
 - No supporting body weight with hands/arms
 - No sudden, jerking movements
- Phase II – Protection Phase (Week 2-6)
 - Goals
 - Allow healing of soft tissue
 - Do not overstress healing tissue
 - Gradually restore full PROM (Goal by week 6)
 - Re-establish dynamic shoulder stability
 - Decrease pain and inflammation
 - Week 2-4
 - Continue use of ice as needed
 - PROM
 - FE to 90 degrees
 - ER at side to 0 degrees
 - IR to tolerance

- Abduction to 45 degrees
 - May use heat prior to ROM exercises
 - Initiate AAROM and stretching exercises (supine with therapist supporting arm)
 - Week 4-6
 - May use heat prior to exercises
 - PROM
 - FE to tolerance
 - ER at side to 45 degrees
 - ER in abduction to 45 degrees
 - Abduction to tolerance
 - Continue use of sling until end of week 6 (Dr. Hess discretion)
- Phase III – Intermediate Phase (Week 6-12)
 - Goals
 - Full AROM (Week 8-9)
 - Maintain full PROM
 - Dynamic shoulder stability
 - Gradual restoration of shoulder strength and power
 - Gradual return to functional activities
 - Continue stretching and PROM as needed to maintain ROM
 - Dynamic stabilization
 - ROM
 - Full flexion
 - ER to tolerance
 - Abduction to tolerance
 - May progress to light functional activities
 - Light IR/ER strengthening at side
 - Continue use of ice/modalities as needed
- Phase IV –Advanced Strengthening Phase (Week 12-18)
 - Goals
 - Maintain full ROM
 - Enhance functional use of limb
 - Improve shoulder strength and power
 - Gradual return to functional activities
 - Progress strengthening in IR
- Phase V –Return to Activity Phase (Week 18-24)

- Goals
 - Gradual return to strenuous work activities
 - Gradual return to recreational sports activities