



Subscapularis Repair Post-op Protocol

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If you have any questions about this protocol or about the patient, do not hesitate to email Dr. Metzler at: [ametzler@orthonky.com](mailto:ametzler@orthonky.com)

Diagnosis: Subscapularis tear Frequency: 2-3 visits/week Duration: 4 months

### **Weeks 1-4: Rest and Healing**

**Sling Immobilizer:** At all times except exercises

**HEP:**

1. Distal ROM with scapular retraction
2. Manual scapular manipulation with patient lying on non-operative side
3. Supine passive FF in scapular plane to 100
4. Supine passive ER to \_\_\_\_\_. (based on intra-operative subscapularis tension on repair)

### **Weeks 4-6: Protective/Early Motion Phase**

**Sling Immobilizer:** At all times except exercises; Discontinue after week 6

**PROM:**

1. Forward flexion in scapular plane - No limits
2. External rotation \_\_\_\_ (Based on stability of repair intra-op) degrees
3. Internal rotation 30 degrees

**Therapeutic exercises:** Codmans, wand exercises

**Strengthening:**

1. RTC isometrics with arm in 0 deg abduction and neutral rotation
2. Scapular stabilization, no resistance
3. Abdominal and trunk exercises

### **Weeks 7-12: Early Strengthening Phase**

**PROM/AAROM:** FF/ ER/ IR - Full (go slow with ER)

**Therapeutic exercises:**

1. Cont wand exercises for ER/IR/FF
2. Flexibility, horizontal adduction (post capsule stretching)

**Strengthening:** RTC isotonic strengthening exercises

**AROM:**

1. side-lying ER and supine FF in scapular plane
2. progress to full external rotation
3. Progress to standing FF
4. ER/IR @ modified neutral w/ elastic bands
5. Progress to rhythmic stabilization exercises
6. Progress to closed chain exercises

**Weeks 12+: Late Strengthening Phase**

1. Progress isotonic strengthening: periscapular and RTC musculature
  - a. Lat pull downs
  - b. Row machine
  - c. Chest press
2. Flexibility: side-lying post capsule stretch
3. Progress scapular stabilization program
4. Initiate isokinetic strengthening (IR/ER) in scapular plane
5. Begin light plyometrics at 16-18 weeks
6. Individualize program to meet demands of sport specific requirements at 20-24 weeks
7. Initiate throwing program for overhead athletes at 20-24 weeks