Subscapularis Repair Rehab Protocol Prescription

**Patient Name:**
**Date:**

**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:**
- Distal ROM with scapular retraction
  - Manual scapular manipulation with patient lying on non-operative side
  - Supine passive FF in scapular plane to 100
  - Supine passive ER to 0

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

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

**PROM:**
- Forward flexion in scapular plane - No limits
  - External rotation 20 degrees
  - Internal rotation 30 degrees

**Therapeutic exercises:** Codmans, wand exercises

**Strengthening:** RTC isometrics with arm in 0 deg abduction and neutral rotation
  - Scapular stabilization, no resistance
  - Abdominal and trunk exercises

### Weeks 7-12: Early Strengthening Phase

**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: side-lying ER and supine FF in scapular plane
  - Progress to standing FF
  - ER/IR @ modified neutral w/ elastic bands
  - Progress to rhythmic stabilization exercises
  - Progress to closed chain exercises
**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
- Initiate isokinetic strengthening (IR/ER) in scapular plane
- 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

**Concerns or questions:**
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**Physician Signature:**