

Open Subscapularis Repair

Post-Op	Goals	Precautions	Exercises
Weeks 0-4 PT 1x/week HEP daily	Edema and pain control Protect surgical repair Sling immobilization	Sling at all times, including sleep Remove for hygiene and exercises No ER past neutral No active IR	Codman/Pendulum Side-lying scapular stabilization Elbow, wrist, hand ROM Gripping exercises
Weeks 4-12 PT 2-3x/week HEP daily	Protect surgical repair Restore ROM Gradual return to light ADLs below 90° elevation Normal scapulohumeral rhythm below 90° elevation	Sling except shower and exercises DC sling at 6 weeks No ER >30° until 6 weeks NO FF >90° until 6 weeks No extension >20° until 6 weeks No active IR until 6 weeks No resisted IR until 12 weeks	Weeks 4-6: Joint mobilizations Scapular stabilization Deltoid, biceps, triceps isometrics PROM: FF plane scapula 120°, ER 20° Weeks 6-12: Advance scapular stabilization Improve scapulohumeral rhythm below 90° Progress AA/PROM to FF 155°, ABD 135°, ER 45°, ABER 90°, ABIR 45° AROM plane scapular (supine to standing) Begin ER and IR isometrics Hydrotherapy if available
Weeks 12-20 PT 2-3x/week HEP daily	Full ROM Normalize scapulohumeral rhythm throughout ROM Restore strength 5/5	Avoid painful ADLs Avoid rotator cuff inflammation Avoid excessive passive stretching OK to begin running/cycling	A/AA/PROM no limits Continue scapular stabilization Advance scapulohumeral rhythm Endurance: upper body ergometer (UBE) Begin resistive strengthening for scapula, biceps, triceps, and rotator cuff
Weeks 20+ PT 1-2x/week HEP daily	Full ROM and strength Improve endurance Prevent re-injury	Avoid painful activities OK to cycle/run at 12 weeks No contact/racquet/throwing sports Return to sport (MD directed)	Advance eccentric training Initiate plyometrics Advance endurance training Sport-specific activities Throwing/racquet program: 5 months Contact sports: 6 months

AMENDMENTS TO PROTOCOL FOR CONCOMITANT PROCEDURES

- Distal Clavicle Excision: Weeks 0-8: no cross-body adduction, abduction >90°, or rotation in 90°
- Biceps Tenodesis:
 - Weeks 0-4: no active elbow flexion
 - Weeks 4-8: begin biceps isometrics
 - Weeks 8+: begin biceps resistance training