

ARTHROSCOPIC SUBSCAPULARIS REPAIR REHABILITATION PROTOCOL

	RANGE OF MOTION	SLING	EXERCISES
PHASE I 0-6 weeks	0-2 weeks: None 2-4 weeks: begin PROM up to 90° FE, 45° ER, 20° extension	0-2 weeks: Worn at all times day and night** Off for hygiene and gentle home exercises according to instruction sheets 2-6 weeks: Worn daytime only**	0-2 weeks: hand/wrist/elbow AROM, grip strengthening and pendulums 2-4 weeks: Begin PROM as tolerated, Codman's, posterior capsule mobilizations, closed chain scapular stabilizations; avoid stretch of anterior capsule and extension, avoid active IR Limit ER to 45° to protect repair, no extension past 20°
PHASE II 6-12 weeks	Begin AAROM/AROM Advance to 135° forward elevation, 120° abduction, and full ER	Discontinue sling at 6 wks	Continue phase I exercises; begin active-assisted exercises 8wks: Deltoid/rotator cuff isometrics, progress to resistance exercises for scapular stabilizers, biceps, triceps and rotator cuff No resisted IR until after 8 weeks
PHASE III 12-16 weeks	Gradual return to full AROM	None	Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Cycling/running/elliptical as tolerated at 12 weeks
PHASE IV 4-5 months	Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening; scapular perturbation; advance therabands and dumbbells as tolerated Begin plyometric, throwing/sports related program, continue with endurance activities, limited return to sports Maintain ROM and flexibility
PHASE V 5-7 months	Full and pain-free	None	Progress Phase IV activities, return to full activity and sport as tolerated

**May remove sling if arm is supported on chair/desk/table (ie desk work, eating)

*Patient protocols may vary. Please follow patient-specific script if modified