

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

Subscapularis Repair Protocol

General:

- Regular Sling for 6 weeks.

Phase 0 – Quiet

Week 0-3:

- No Shoulder Rehab
- No pendulums
- Elbow and Hand only

Phase 1 – Passive

Week 4-5:

- *Pendulums to warm up*
- *Passive Range of motion*
- Start Supine External Rotation- 0 degrees, then gradually progress, but limit ER to 30deg
- Supine Forward Elevation- 90 degrees
- No internal rotation

Phase 2 – Active

Week 6-10:

- *Internal Rotation to belt line-gradually increase to Full*
- *Full elevation and gradually increase ER-limit ER progression to 30 deg*
- Active Range of Motion with Passive Stretch to prescribed limits
- Supine to Start External Rotation-gradually increase to full
- Supine to Start Forward Elevation-Full-Progress to Seated
- Internal Rotation-gradually increase to full.

Phase 3 – Resisted

Week 11-12:

- *Pendulums to warm-up and continue with Phase 2*
- Scapular mobilization
- External and Internal Rotation
- Standing forward punch
- Scapular Mobilization-Seated rows and shoulder shrugs

LUCAS G. TESKE, M.D.

141 Hillcrest Drive | Clarksville, TN 37043 | Phone: 931.552.4340 | Fax : 931.552.0999

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Weight Training

Week 13:

- Keep hands within eyesight, keep elbows bent, no long lever arms.
- Minimize overhead activities (below shoulder)
- (No Military press, pull-down behind head, or wide grip bench)

Return to Activity

Computer 4 weeks

Golf 4 months (chipping and putting), 5-6 months (full swing)

Tennis 5 months

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