

Open Subscapularis Repair

NOTE: Rate of rehab progression may be altered based on acute repair v. chronic tear repair.

I. PHASE I – IMMEDIATE POSTOPERATIVE PHASE

Goals

- Protect the surgical procedure
- Minimize the effects of immobilization
- Diminish pain and inflammation
- Establish baseline proprioception and dynamic stabilization
- Control ER ROM and active IR

Week 0-2

- Sling for comfort
- May wear immobilizer for sleep (4 weeks) ** Physician decision
- Elbow/hand ROM
- Gripping exercises
- Passive ROM and active assistive ROM (L-bar)
 - Flexion to tolerance 0-90° week 1, 0-100° week 2
 - IR PROM only. No ER beyond 0°
- Submaximal isometrics (flexion, abduction, ER)
- No IR isometrics for 3 weeks
- No biceps strengthening, no active elbow flexion
- Rhythmic stabilization
- ER/IR proprioception drills
- Cryotherapy modalities as needed

Week 3-4

- Gradually progress ROM
 - Flexion to 120-140°
 - ER at 45° abd scapular plane to 0°
 - IR at 45° abd in scapular plane to 45-60°
- Initiate light isotonic for shoulder musculature
 - Tubing for ER



- Abduction, full can, sidelying ER, prone rowing
- Dynamic stabilization exercises, PNF

Week 5-6

- Progress ROM as tolerated (progress active flexion)
 - Flexion to 160° (tolerance)
 - ER/IR at 45° abduction:
 - IR to full
 - ER to 30-40°
 - Begin IR at 90° abduction (PROM, AAROM)
- Joint mobilization as necessary
- Continue self capsular stretching
- Progress all strengthening exercises
 - Continue PNF diagonal patterns
 - Throwers ten program
 - Continue isotonic strengthening
 - Dynamic stabilization exercises
 - Close kinetic chain exercises
 - Wall stabilization
- Progress ROM to:
 - Flexion: 165-175°

Week 7-8

- Begin ER at 90° abduction to 40-45°

II. **PHASE II – INTERMEDIATE PHASE**

Goals

- Reestablish full ROM
- Normalize arthrokinematics
- Improve muscular strength
- Enhance neuromuscular control

Week 8-10

- Progress to full ROM (week 8)-flexion 180°, ER at 90 to 75-80°, IR 75°
- Continue all stretching exercises
 - Joint mobilization, capsular stretching, passive and active stretching



- In overhead athletes, maintain 90-100° ER
- Continue strengthening exercises
 - Throwers ten program (for overhead athlete)
 - Isotonic strengthening for entire shoulder complex
 - May begin light biceps and IR isotonic
 - PNF manual technique
 - Neuromuscular control drills
 - Isokinetic strengthening

Week 10-14

- Progress to full ROM
- Continue all flexibility exercises
- Continue all strengthening exercises
 - May begin to increase weight for biceps and IR
 - May initiate light isotonic machine weight training (week 16)

Criteria to Progress to Phase III

- Full range of motion
- No pain or tenderness
- Satisfactory stability
- Strength 70-80% of contralateral side

III. PHASE III – ADVANCED STRENGTHENING PHASE (Months 4-6)

Goals

- Enhance muscular strength, power, and endurance
- Improve muscular endurance
- Maintain mobility

Week 14-20

- Continue all flexibility exercises
 - Self capsular stretches (anterior, posterior, and inferior)
 - Maintain ER flexibility
- Continue isotonic strengthening program
- Emphasis muscular balance (ER/IR)
- Continue PNF manual resistance
- May continue plyometrics
- Initiate interval sport program (physician approval necessary) week 16



Week 20-24

- Continue all exercises listed above
- Continue and progress all interval sport program (throwing off mound)

Criteria to Progress to Phase IV

- Full non—painful ROM
- Satisfactory stability
- Satisfactory strength (isokinetics)
- No pain or tenderness

IV. PHASE VI – RETURN TO ACTIVITY PHASE (Months 6-9)

Goals

- Gradual return to sport activities
- Maintain strength and mobility of shoulder

Exercises

- Continue capsular stretching to maintain mobility
- Continue strengthening program
- Either throwers ten or fundamental shoulder exercise program
- Return to sport participation (unrestricted)