

## SUBSCAPULARIS REPAIR PT PROTOCOL

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
<b>PHASE I</b> 0-6 weeks	<b>0-5 weeks:</b> None <b>5-6 weeks:</b> Begin PROM Limit 90° flexion, 45° ER, 20° extension	<b>0-2 weeks:</b> Immobilized at all times day and night  Off for hygiene and gentle home exercise according to instruction sheets  <b>3-6 weeks:</b> Worn daytime only	<b>0-5 weeks:</b> Elbow/wrist ROM, grip strengthening at home only  <b>5-6 weeks:</b> Begin PROM activities Limit 45° ER  Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; No active IR
<b>PHASE II</b> 6-12 weeks	Begin active/active- assisted ROM, passive ROM to tolerance  <b>Goals:</b> full ER, 135° flexion, 120° abduction	None	Continue Phase I work; begin active- assisted exercises, deltoid/rotator cuff isometrics at 8 weeks  Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff  No resisted IR
<b>PHASE III</b> 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  Cycling/running at 12 weeks
<b>PHASE IV</b> 4-5 months	Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening  Begin plyometric and throwing program, continue with endurance activities  Maintain ROM and flexibility
<b>PHASE V</b> 5-12 months	Full and pain-free	None	Progress Phase IV activities, return to full activity as tolerated