

Subscapularis Repair Rehab Modifications Physical Therapy Protocol

Weeks 1 to 6

Range of Motion

- No external rotation beyond 0 degrees for six weeks
- No overhead motion

Exercises

- Ultrasling for six weeks

Weeks 6 to 12

Exercises

- Stretching program for passive external rotation and overhead stretching
 - Flexion and scaption with pulleys
- Ultrasling discontinued
- Internal rotation behind the back at eight weeks

After Week 12

Exercises

- Strengthening program initiated (Theraband first followed by light weights)
- Unrestricted activities 6 to 12 months (based on exam)