

# Sheena Black, MD

## Orthopedic Surgeon

### Sports Medicine Specialist



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## SUBSCAPULARIS REPAIR

<u>Postop</u>	<u>Goals</u>	<u>Range of Motion</u>	<u>Shoulder Immobilizer</u>	<u>Exercises</u>
<b>Phase I</b>  <b>Weeks 0-6</b>  PT 1-2x/ week HEP daily	Protect surgical repair  <b>NO active IR</b> <b>No ER past 45°</b>	<b>0-3 weeks:</b> None  <b>3-6 weeks:</b> Begin PROM Limit: - 90° flexion - 45° ER - 20° extension	Sling at all times including sleep Remove for hygiene & exercises	<b>0-2 weeks:</b> elbow/wrist/hand ROM; grip strengthening  <b>2-4 weeks:</b> Begin PROM activities  <b>Limit to 45° ER</b>  Codman's; posterior capsule mobilizations; avoid stretch of anterior capsule and extension; <b>No active IR</b>
<b>Phase II</b>  <b>Weeks 6-12</b>  PT 2-3x/ week HEP daily	Protect surgical repair  <b>No resisted IR</b>  Goal: - Full ER - 135° flexion - 120° abduction	Begin A/AAROM PROM to tolerance  Goal: - Full ER - 135° flexion - 120° abduction	None	Continue Phase I exercises Begin active assisted exercises Deltoid & Rotator Cuff isometrics at 8 weeks  Begin resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff *  <b>No resisted IR</b>
<b>Phase III</b>  <b>Weeks 12-16</b>  PT 2-3x/ week HEP daily	Protect surgical repair	Gradual return to full AROM	None	Advance Phase II exercises  Emphasize ER and latissimus eccentrics, glenohumeral stabilization  Begin muscle endurance activities (upper body ergometer)  Cycling/ running ok ay at 12 weeks
<b>Phase IV</b>  <b>4-5 Months **</b>  PT 1-2x/ week HEP daily		Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening  Begin plyometric and throwing/racquet program, continue with endurance activities  Maintain ROM and flexibility
<b>Phase V</b>  <b>5-7 Months</b>		Full and pain-free	None	Progress Phase IV exercises  Return to full activity as tolerated

\* Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises. Keep all strengthening exercises below the horizontal plane in Phase II

\*\* Limited return to sports activities

**IF QUESTIONS: PLEASE CALL 469-800-7200**