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Subscapularis Repair Rehab Protocol

	Range of Motion	Immobilizer	Exercises
Phase I 0-6 weeks	0-3 weeks: None 3-6 weeks: Begin PROM Limit 90° flexion, 45° ER, 20° extension	0-4 weeks: Immobilized at all times day and night Off for hygiene and gentle home exercise according to instruction sheets 4-6 weeks: Worn daytime only	0-2 weeks: Elbow/wrist ROM, grip strengthening at home only, Pendulums 2-6 weeks: Begin PROM activities Limit 45° ER Codman’s, posterior capsule mobilizations; avoid stretch of anterior capsule and extension; No active IR
Phase II 6-12 weeks	Begin active/active-assisted ROM, passive ROM to tolerance Goals: full ER, 135° flexion, 120° abduction	None	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
Phase III 12-16 weeks	Gradual return to full AROM	None	Emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Begin muscle endurance activities (upper body ergometer) Cycling/running okay at 12 weeks
Phase IV 4-5 months**	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
Phase V 5-7 months	Full and pain-free	None	Progress Phase IV activities, return to full activity as tolerated

*Utilize exercise arcs that protect the anterior capsule from stress during resistive exercises, and keep all strengthening exercises below the horizontal plane in phase II **Limited return to sports activities