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### **Subscapularis Repair:**

Same precautions and limitations apply for repair with TSA, RCR or other shoulder surgical intervention.

**Phase I (s/p 1-5 days):** No ER.

**Phase II (s/p 5 days to 4 weeks):** Gradually progress ER to 40 degrees AAROM, No Active IR or Passive ER. No Active extension.

**Phase III (s/p 4 weeks to 10 weeks):** Active ER may progress to 60 degrees by 6 weeks. Begin Active IR and extension at 6 weeks.

**Phase IV (s/p 10 weeks +):** No limitation for ER range of motion. Begin resisted IR strengthening.

### **Subscapularis Debridement:**

No Limitations.