

Subscapularis Repair

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

- Phase I (1-5 days post-op): No ER
- Phase II (5 days – 4 weeks post-op)
 - Gradually progress AAROM ER to 40 degrees
 - No active IR
 - No passive ER
 - No active extension
- Phase III (4-10 weeks post-op)
 - By 6 weeks, progress active ER to 60 degrees
 - At 6 weeks, begin active IR and extension
- Phase IV (10+ weeks post-op)
 - No limitation for ER ROM
 - Begin resisted IR strengthening