

SUBSCAPULARIS REHABILITATION PROGRAM

(TO BE GIVEN TO PHYSICAL THERAPIST)

RANGE OF MOTION	SLING	THERAPEUTIC EXERCISE
PHASE I: 1-2 WEEKS POST-OP <ul style="list-style-type: none"> • ROM as tolerated for elbow, wrist and hand • Limit 90° flexion, 45° ER, 20° extension • For Biceps Tenodesis: <ul style="list-style-type: none"> ○ No Active elbow flexion until 4 weeks (AAROM ok) 	<ul style="list-style-type: none"> • Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night. 	<ul style="list-style-type: none"> • Elbow, wrist, hand ROM • Ball squeezes, grip strengthening • For Biceps Tenodesis: <ul style="list-style-type: none"> ○ No Active elbow flexion until 4 weeks (AAROM ok) • Avoid stretch of anterior capsule and extension; No active IR
PHASE II: 2-4 WEEKS POST-OP <ul style="list-style-type: none"> • Limit 90° flexion, 45° ER, 20° extension • For Biceps Tenodesis: <ul style="list-style-type: none"> ○ No Active elbow flexion until 4 weeks (AAROM ok) 	<ul style="list-style-type: none"> • Immobilized in sling with abduction pillow at all times, may be removed for exercises and showering. Wear sling at night. 	<ul style="list-style-type: none"> • Begin PROM • Limit 45 degrees ER • Codman's Pendulums • Therapist assisted Forward Elevation • Continue scapula musculature isometrics / sets • Elbow, wrist, hand ROM • Ball squeezes • For Biceps Tenodesis: <ul style="list-style-type: none"> ○ No Active elbow flexion until 4 weeks (AAROM ok) • Avoid stretch of anterior capsule and extension; No active IR
PHASE III: 4-6 WEEKS POST-OP <ul style="list-style-type: none"> • Begin active/active assisted ROM, passive ROM to tolerance • Limit 90° flexion, 45° ER, 20° extension 	<ul style="list-style-type: none"> • Continue use of sling until end of Week 5 • Between Week 5 and 6 may wear sling for comfort only • Discontinue sling at end of Week 6 	<ul style="list-style-type: none"> • Continue Phase I and II exercises • Begin active-assisted exercises, deltoid and non-operated rotator cuff isometrics at 6 weeks • No resisted IR

<p>PHASE IV: 6-12 WEEKS POST-OP</p>	<ul style="list-style-type: none"> Goals: full ER, 135° flexion, 120° abduction 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Begin unrestricted AROM against gravity at 6 weeks Stretching, mobs, ROM exercises NO ROTATOR CUFF RESISTANCE EXERCISES Progress supine to seated to standing AAROM Continue active exercises, deltoid and non-operated rotator cuff isometrics Begin Resistive exercises for scapular stabilizers, biceps, triceps and non-operative rotator cuff No resisted IR
<p>PHASE V: 12-16 WEEKS POST -OP</p>	<ul style="list-style-type: none"> Gradual return to full AROM 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Begin light theraband resistance exercises for the rotator cuff at 12 weeks Begin strengthening for lats, biceps/triceps, pecs, rhomboids, deltoids Emphasize external rotation and latissimus eccentrics, glenohumeral stabilization Cycling/running okay at 12 weeks Begin to add sport and job specific activities Begin muscle endurance activities (upper body ergometer)
<p>PHASE VI: 12-20 WEEKS POST-OP</p>	<ul style="list-style-type: none"> Full ROM without discomfort 	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> Aggressive scapular stabilization and eccentric strengthening Begin plyometric and throwing/racquet program, continue with endurance activities Maintain ROM and flexibility
<p>PHASE VII: 20+ WEEKS POST-OP</p>	<ul style="list-style-type: none"> Full ROM without discomfort 	<ul style="list-style-type: none"> None 	<p>Progress Phase IV activities; progress to full activities. If cleared by Dr. Roth, may now be able to return to:</p> <ul style="list-style-type: none"> Weight Training Skiing Golf Basketball Manual Labor