
ISOLATED SUBSCAPULARIS REPAIR PROTOCOL

Unless Otherwise Noted (and doesn't conflict with supraspinatus repair protocol), For Subscapularis Tears Repairs:

Week 0-2: PROM, FF to 90, IR to abdomen, ER to 30

Week 2-6: PROM, Increase FF to 140; Increase ER as tolerated without manipulation or stretching by therapist

Week 6-12: Begin AROM, increase motion as tolerated

Week 12 and beyond: Begin strengthening