

Dr. Stephanie Muh Protocol		
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Open Subscapularis Repair		
Sling Use	<ul style="list-style-type: none"> • Sling immobilizer for 6 weeks. • May come out of sling at home for shower and therapy only. • NO LIFTING with operative arm 	
Phase I: (Passive)	Weeks 2-4	<ul style="list-style-type: none"> • Pendulums to warm-up • Manual scapular manipulation with patient lying on non-operative side • SLOW Supine ER to 0 • SLOW Supine Forward elevation gradually to 100 • SLOW IR gradually progressing to full • Elbow, wrist, hand range of motion • Distal ROM with scapular retraction
Phase II: (active/assistive)	Week 4-6	<ul style="list-style-type: none"> • Supine to seated ER gradually to 20 • Supine to seated Forward elevation progressing to full • IR gradually progressing to 30 • Therapeutic exercises: Codmans, wand exercises • Strengthening: RTC isometrics with arm in 0 deg abduction and neutral rotation Scapular stabilization, no resistance Abdominal and trunk exercises
Phase III Early strength	7-12	<ul style="list-style-type: none"> • PROM/AAROM: FF/ ER/ IR - Full (go slow with ER) • Therapeutic exercises: <ul style="list-style-type: none"> ○ Cont wand exercises for ER/IR/FF ○ Flexibility, horizontal adduction (post capsule stretching) • Strengthening: <ul style="list-style-type: none"> ○ RTC isotonic strengthening exercises ○ AROM: side-lying ER and supine FF in scapular plane ○ Progress to standing FF ○ ER/IR @ modified neutral w/ elastic bands Progress to rhythmic stabilization exercises Progress to closed chain exercises • Once full motion achieved <ul style="list-style-type: none"> ○ Progressive resisted exercises (PRE) for rotator cuff , periscapular and deltoid strengthening ○ IR/ER ○ Forward punches ○ Rows ○ Bicep curls
Phase IV	12 wks&	<ul style="list-style-type: none"> • Home exercises

(strengthening)	beyond	<ul style="list-style-type: none"> • Hands within eyesight and elbows bent • Minimize Overhead activities • ** Very light weights with high reps and advance slowly <p>Progress isotonic strengthening: periscapular and RTC musculature</p> <p>Lat pull downs</p> <p>Row machine</p> <p>Chest press</p> <ul style="list-style-type: none"> • Flexibility: side-lying post capsule stretch • Progress scapular stabilization program • Initiate isokinetic strengthening (IR/ER) in scapular plane • Begin light plyometrics at 16-18 weeks • Individualize program to meet demands of sport specific requirements at 20-24 weeks • Initiate throwing program for overhead athletes at 20-24 weeks
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