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Patient \_\_\_\_\_  
 D.O.S. \_\_\_\_\_

### Subscapularis Repair

	0-3 WEEKS Begins on DOS	3-6 WEEKS	6-12 WEEKS	12-16 WEEKS	WEEK 16+		
<b>FLEXION</b>	NONE	PROM to 90	Begin AAROM and AROM, progress as tolerated				
<b>ABDUCTION</b>	NONE	PROM to 90	Begin AAROM and AROM, progress as tolerated				
<b>EXTENSION</b>	NONE	PROM to 20	Begin AAROM and AROM, progress as tolerated				
<b>ER</b>	NONE	PROM to 45	Begin AAROM and AROM, progress as tolerated				
<b>IR</b>	NONE	PROM	Begin AAROM and AROM, progress as tolerated				
<b>IMMOB/SLING</b>	All times 0-2 weeks	Worn daytime only	Wean				
<b>P.T. visits/week</b>	0	2-3	2-3	1-3	1-3		
<b>EXERCISES</b>	AROM (cervical, elbow, wrist, hand)						
	Passive Pendulums	Posterior capsule joint mobilizations					
<b>Any questions, please contact :</b>  <b>Northwoods Therapy Associates</b>  <b>Altoona, WI (715) 839-9266</b>  <b>Chippewa Falls, WI (715) 723-5060</b>	<ul style="list-style-type: none"> <li>PT visits/week may vary</li> <li>Individual exercise progression may vary</li> <li><b>Return to sport/work by MD only.</b></li> </ul>	Scapular retraction/ Depression	Begin resistive exercises for scapular stabilizers				
		Closed Chain Scapula	Deltoid/rotator cuff isometrics @ 8 weeks, progress to deltoid/cuff resistive exercises				
		<ul style="list-style-type: none"> <li><b>Avoid stretch of anterior capsule</b></li> </ul>	UBE				
			<ul style="list-style-type: none"> <li><b>No resisted IR</b></li> <li><b>Strengthening below horizontal plane only</b></li> <li><b>Protect the anterior capsule</b></li> </ul>	Emphasize ER and latissimus eccentrics, glenohumoral stabilization.			
				Begin muscle endurance activities			
Cycling/Running @ 12 weeks							
		Aggressive scapular stabilization and eccentric strengthening					
		Begin plyometrics					