



**Marc Hirner**

Orthopaedic Surgeon

**Shoulder Rehabilitation  
Subscapularis Repair Protocol**

## SUBSCAPULARIS REPAIR REHABILITATION PROTOCOL

	<b>RANGE OF MOTION</b>	<b>IMMOBILIZER</b>	<b>EXERCISES</b>
<b>PHASE I</b> 0-6 weeks	<b>0- 6 weeks:</b> None	<b>0-6 weeks:</b> Immobilized at all times day and night  Off for hygiene and gentle home exercise according to instruction sheets	<b>0-6 weeks:</b> Elbow/wrist ROM, grip strengthening at home only  <b>2-6 weeks:</b> Add pendulum
<b>PHASE II</b> 6-12 weeks	Begin active/active-assisted ROM, passive ROM to tolerance  <b>Goals:</b> 135° flexion, 120° abduction	None	Continue Phase I work; begin active-assisted exercises, deltoid/rotator cuff isometrics at 8 weeks  No resisted IR
<b>PHASE III</b> 12-16 weeks	Gradual return to full AROM	None	Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff Advance activities emphasize external rotation and latissimus eccentrics, glenohumeral stabilization  Begin muscle endurance activities (upper body ergometer)  Cycling/running okay at 12 weeks
<b>PHASE IV</b> 4-5 months	Full and pain-free	None	Aggressive scapular stabilization and eccentric strengthening  Begin plyometric and throwing/racquet program, continue with endurance activities  Maintain ROM and flexibility
<b>PHASE V</b> 5-7 months	Full and pain-free	None	Progress Phase IV activities, return to full activity as tolerated



**MARC HIRNER**  
ORTHOPAEDIC SURGEON

A: 15 Kensington Ave, Whangarei 0112  
New Zealand  
T: +64 9 437 9027  
M: +64 21 679334  
W: [northlandorthopaedics.co.nz](http://northlandorthopaedics.co.nz)  
E: [marchirner@xtra.co.nz](mailto:marchirner@xtra.co.nz)

