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## **Arthroscopic Subscapularis Repair**

*Regular sling for 6 weeks.*

**Phase 0 – (QUIET)**    *Week 1-2*

No Shoulder Rehab  
No pendulums  
Elbow and Hand Only

**Phase 1 - (PASSIVE)**    *Week 3-5*

Pendulums to warm-up  
Passive range of motion  
Start Supine External Rotation- 0 degrees, then gradually progress, but limit ER to 30°.  
Supine Forward Elevation- 90 degrees  
No internal rotation

**Phase 2 - (ACTIVE)**    *Week 6-10*

Internal Rotation to belt line-gradually increase to Full  
Full elevation and gradually increase ER-limit ER progression to 30°.  
Active Range of Motion with Passive Stretch to prescribed limits  
Supine to Start External Rotation-gradually increase to full  
Supine to Start Forward Elevation-Full-Progress to Seated  
Internal Rotation-gradually increase to full.

**Phase 3 - (RESISTED)**    *Week 10*

*Pendulums to warm-up and continue with Phase 2*  
Scapular mobilization  
External and Internal Rotation  
Standing forward punch  
Scapular Mobilization-Seated rows and shoulder shrugs

**Weight Training**    *Week 12*

Keep Hands within eyesight, Keep elbows bent.  
Minimize overhead activities  
(No Military press, pulldown behind head, or wide grip bench)