

Center for Athletic Medicine
Dr. Preston Wolin
Subscapularis Repair Protocol

~Please call 773.248.4159~

- Follow labral protocol (with exception of no IR or adduction resistance x10 weeks)
- Immobilizer to be worn all the time for 4 weeks, then D/C during the day, but continue to wear at night for 6 weeks or as per Dr. Wolin's guidelines
- Full forward flexion with elbow at 90 degrees flexion
- ER: 0-30 degrees at side, 0-70 degrees at 90 degrees abduction (first 5 weeks post-op)
- No active IR
- Isometrics (flexion, abduction, ER, extension) at 2 weeks
- Begin UBE and active ROM at 4 weeks

*****If a patient is not progressing, please call the office for recommendations*****