

Center for Athletic Medicine  
*Dr. Preston Wolin*  
Subscapularis Repair Protocol

~Please call 773.248.4150 with any and all questions~

- Follow labral protocol (***with exception of*** no IR or Adduction resistance x 10 wks)
- Immobilizer to be worn all the time for 4 wks than 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 flex
- ER to neutral
- No active IR
- Isometrics (FLEX, ABD, ER, EXT.) at ~2 wks
- Begin UBE and active ROM at 4 wks

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