

Dr. Thomas Nguyen's Subscapularis Tendon Repair Rehab Protocol

- First 6 weeks: Supportive sling with a small pillow. Able to perform elbow flexion/extension, grip strength, shoulder shrugs, and pendulum exercises.
- After 1st week, can start passive external rotation to 20 degrees two to three times a day.
- Avoid forward flexion and internal rotation behind the torso during the first 6 weeks.
- After 6 weeks, sling is removed and physical therapy is started. Table slides, supine passive shoulder flexion, and scapular stabilization are begun. Gentle external rotation stretches are increased to 30 degrees.
- At 9 weeks, cross-chest stretching and internal rotation stretches can begin.
- At 12 weeks, resistance exercises are started. Additional stretches will include elevation and external rotation.
- At 4-6 months, return to sports is allowed when normal range of motion and moderate strength is achieved