

Center for Athletic Medicine
Dr. Preston Wolin
Subscapularis Repair Protocol

~Please call 773.248.4150 with any and all questions~

- Immobilizer worn for 0-4 weeks post op at all times, then weeks 5 & 6 only to be worn at night
- 0-4 weeks post op: forward flexion in scapular plane (PROM) 0-100deg
- 0-5 weeks post op: 0-30deg ER in neutral ABD, 0-70deg ER at 90deg ABD
- 0-10 weeks post op: no resisted IR or ADD

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