

***Dr. Preston Wolin***  
**Subscapularis Repair Protocol**

\*Please call 773.248.4150 with any questions, or if patient is not progressing\*

- Immobilizer
  - Weeks 0-4
    - Worn at all times
  - Weeks 5-6
    - Only to be worn at night
- Week 0-4
  - 1-100 deg: forward flexion in scapular plane (PROM)
- Week 0-5
  - 0-30 deg: ER in neutral ABD
  - 0-70 deg: ER at 90 deg ABD
- Week 0-10
  - no resisted IR or ADD