

Dr. Josh Burka DO

Orthopaedic Sports Medicine Surgeon
Orthopaedic Associates of Zanesville
Orthozane.com
(740)454-3273



Orthopaedic
Associates of
Zanesville

Upper Subscapularis Repair with Biceps Tenodesis Post-Op Physical Therapy Protocol

Phase 1 (0-4 weeks)

Range of motion

- 0-2 weeks: None
- 3-4 weeks: Begin PROM Limit 90° flexion, 20° ER, 20° extension

Immobilizer

- 0-2 weeks:
 - Immobilized at all times day and night
 - Off for hygiene and gentle home exercise according to instruction sheets
- 2-4 weeks: Worn daytime only

Exercises

- 0-2 weeks: Elbow/wrist ROM, grip strengthening at home only
 - 2-4 weeks:
 - Begin PROM activities
 - Limit 20° ER
 - Codman's posterior capsule mobilization; avoid stretch of anterior capsule and extension; No active IR
- *** 2lb lift limit in flexion with biceps tenodesis for 6 weeks

PHASE II (4-8 weeks)

Range of motion

- Begin active/active- assisted ROM, passive ROM to tolerance

Goals: full ER, 135° flexion, 120° abduction

Immobilizer- none

Exercises

- Continue Phase I work; begin active- assisted exercises, deltoid/rotator cuff isometrics at 6 weeks
- Begin resistive exercises for scapular stabilizers, biceps, triceps and rotator cuff*
- No resisted IR

****2lb lift limit in flexion with biceps tenodesis for 6 weeks**

PHASE III (8-12 weeks)

Range of motion

- Gradual return to full AROM

Immobilizer - none

Exercises

- Advance activities in Phase II; emphasize external rotation and latissimus eccentrics, glenohumeral stabilization
- Begin muscle endurance activities (upper body ergometer)
- Cycling/running okay at 12 weeks

PHASE IV 3-4.5 months**

Range of motion- Full and pain-free

Immobilizer- none

Exercises

- Aggressive scapular stabilization and eccentric strengthening
- Begin plyometric and throwing/racquet program, continue with endurance activities
- Maintain ROM and flexibility

PHASE V >4.5 months

Range of motion- Full and pain-free

Immobilizer- none

Exercises – Progress phase IV activities, return to full activity as tolerated