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**PATIENT NAME:**

**PROCEDURE:**

**DATE OF SURGERY:**

**PHYSICAL THERAPY ORDER – Subscapularis Repair**

Sling for 6 weeks then wean out.

**PHASE I**

Weeks 0-3

WB status: NWB upper extremity

Motion: Focus on elbow/wrist/hand motion (no shoulder motion)

Begin active scapular retraction/protraction exercises with therapist cueing

Use modalities to decrease pain and inflammation

**PHASE II**

Weeks 3-6

WB status: NWB upper extremity

Motion: Begin pROM forward elevation to 90 degrees and ER to 30 degrees, extension to 20 degrees

Start recumbent bike, Codman's, posterior capsule mobilization

**PHASE III**

Weeks 6-12

WB status: NWB

Motion: begin active/active assisted ROM, pROM to tolerance

Continue Phase II exercises, focus on regaining motion

**PHASE IV**

Weeks 12-16

WB status: WBAT

Motion: Allow full passive, active-assisted, and active ROM

Strength: Initiate resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff; okay to jog and stationary upright bike

**PHASE V**

4-6 months

WB status: full

Motion: full

Exercises: Advance Phase IV exercises and add plyometric exercises and endurance activities

**Initiation of Interval Sports Programs**

Golf: 5-6 months

Tennis: 7-8 months

Ski: 7-8 months