

**Balazs Galdi, M.D.**

140 Bergen Street, ACC D1610

Newark, NJ 07103

Tel: (973) 972-8240

Fax: (973) 972-9367

**OPEN OR ARTHROSCOPIC SUBSCAPULARIS TENDON REPAIR  
POST-OPERATIVE PHYSICAL THERAPY PROTOCOL**

**Immediate Post-operative Period**

- Sling for 4 weeks
- Modalities prn

**Weeks 0-4 (Goals: allow rotator cuff healing)**

- Sling at all times
- No physical therapy
- Active elbow, wrist and finger ROM only-**NO SHOULDER ROM**
- Pendulums (small arc) allowable

**Weeks 4-6 (Goal: Begin some motion)**

- Supine PROM: FE limit 130, ER limit 20 ER
- Supine AAROM ER at the side to 20

**Weeks 6-12**

- All active motion should begin in supine position and progress to upright position over time
- Advance ROM as symptoms allow (full FE, ER and IR)
- Begin light strengthening weeks 10-12