

DR. YACOBUCCI'S POST-OP PROTOCOL FOR
SUBSCAPULARIS REPAIR :

IMMED. POST-OP: Patient sent home with shoulder immobilizer to be **worn at all times for 6 weeks** except: bathing, changing shirts, home exercises and P.T. Keep surgical incisions **dry at all times for 2 weeks**. Begin home exercises right away per your home exercise instruction sheet.

POST-OP 2 WEEKS: Begin P.T.: Therapist to begin **PASSIVE ROM:** EXTERNAL ROTATION LIMITED TO NEUTRAL. ABDUCTION, ELEVATION AND INTERNAL ROTATION TO 90 DEGREES. No active motion and no strengthening exercises.

POST-OP 6 WEEKS: Discontinue immobilizer. BEGIN PASSIVE EXTERNAL ROTATION. Begin isometric exercises in all planes of motion...keep resistance light (2lbs.) in INTERNAL ROTATION.

POST-OP 9 WEEKS: Begin isotonic strengthening in all planes. Weight Max 5 lbs. in INTERNAL ROTATION.

POST-OP 12 WEEKS: Gradually increase weight limits to MAXIMUM IN ALL PLANES.

POST-OP 14 WEEKS: DISCONTINUE PHYSICAL THERAPY. Continue strength work at home. Gradual return to full activity.