

**(PROTOCOL #6) SUBSCAPULARIS TEAR & ROTATOR CUFF TEAR PROTOCOL**

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The following is a set of general guidelines. It is important to remember that each patient is different. The progression of the patient depends on many factors including age and medical health of the patient and physician preferences. Any bracing is discontinued **ONLY UPON DIRECTION OF PHYSICIAN.**

| <b>PHASE</b>       | <b>FUNCTIONAL PROGRESSION/ACTIVITIES</b>  | <b>GOALS/RESTRICTIONS</b>  |
|--------------------|---|--|
| Post-op to 2 weeks | OT elbow/hand ROM Putty and ADL modifications<br>Isometrics: deltoid (anterior, middle, Posterior),<br>Bicep/triceps periscapular, shoulder shrugs,<br>Scapular retraction<br>Joint Mobs; Grade 1-2<br>Modalities as needed | DASH questionnaire at time of evaluation and every 4 weeks<br>Decrease pain<br>Increase ROM to WFL |
| 2 weeks            | Pendulum<br>PROM/gentle stretching<br>ER with limits  |  |
| 4 weeks            | All of above including:<br>Supine forward flexion, stick ER with limits<br>CAD  |  |
| 6 weeks            | All of above including:<br>Pulley flexion<br>Internal rotation up back<br>Supine CAD  |  |
| 8 weeks            | All of above including:<br>Pulley abduction<br>Lift limits on ER  | <b>BRACING DISCONTINUED ONLY UPON DIRECTION OF PHYSICIAN</b>                                       |
| 10 weeks           | All of above including:<br>AROM<br>UBE  | Continue to decrease pain<br>Movement reeducation for Glenohumeral and Scapulohumeral rhythm       |
| 10-12-weeks        | All of the above including:<br>1-2 week period to progress; every other day to start<br>Start IR/ER then add flex/ext and then add abduction<br>Max 45° arc after 2 weeks, can do daily then progress to full arc.          | Return patient to functional status<br>Progress to all 5 planes theraband<br>Repeat DASH           |

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| <b>PHASE</b> | <b>FUNCTIONAL PROGRESSION/ACTIVITIES</b>  | <b>GAOLS/RESTRICTIONS</b>   |
|--------------|---|---|
| 14 weeks     | All of above: including<br>More strengthening: light dumbbell, biceps/triceps,<br>advanced therabands<br>Advance Strengthening i.e. Endurance Plyometrics | <b>Activities:</b> Gradually increase activity<br><b>Golf:</b> Pitching wedge to start in approx 6 months<br><b>Bowling:</b> use weighted ball at approx 6 months<br><b>Tennis:</b> same start slow gradually increase activity<br><b>Driving:</b> able to drive, monitor meds<br><b>Shower:</b> usually after first dressing with watertight dressing<br><b>Throwing:</b> 6 months |

**Refer to enclosed table for suggested exercises which optimize muscle function based on EMG activity.**

Approved By:

Physician reserves the right to adjust these protocols for each patient.

Signature \_\_\_\_\_ Date: \_\_\_\_\_  
Robert Doane, M.D.

Signature \_\_\_\_\_ Date: \_\_\_\_\_  
Balu Pisupati, PT