



Large/Revision Rotator Cuff Repair or Full Subscapularis Protocol

	RANGE OF MOTION	IMMOBILIZER	EXERCISES
PHASE I 0-6 WEEKS	Elbow and wrist only	Abduction sling at all times day and night, off for hygiene and gentle home exercises	Elbow/wrist ROM, grip strengthening, cryotherapy *NO resistance with Therabands until 3-4 months after surgery.
PHASE II 6-12 weeks	All Passive- Limit 90° flexion, 45° ER, 20° extension, 45° abduction ABER. Caution with ER if subscapularis repair	None	Codman's, posterior capsule mobilizations; avoid stretch of anterior capsule and extension. Begin resistive exercises for scapular stabilizers, biceps, triceps. Start gentle overhead pulleys & table slides
PHASE III 12-16 weeks	Begin active/active-assisted ROM Advance to 140° FE, 135° abduction, 90° ABER, 45° ABIR	None	Continue Phase II work; begin active-assisted exercises. Stretch posterior joint with sleeper stretch.
PHASE IV 4-6 months	Gradual return to full AROM	None	Advance activities in Phase III, emphasize external rotation and latissimus eccentrics, glenohumeral stabilization. Aggressive scapular stabilization and eccentric strengthening; scapular perturbation. Begin RC Thera-Band resistance Strength. Maintain ROM and flexibility.
PHASE V 6-8 months	Full and pain-free	None	Progress Phase IV activities, return to full activity as tolerated