

HAGL and/or Subscapularis Repair PT Protocol

- Regular Sling for 6 weeks:

Phase 0 – Quiet (Weeks 1 to 3):

- No Shoulder Rehab
- No pendulums
- Elbow and Hand Only

Phase I – Passive (Weeks 4 to 5): Pendulums to warm-up

- Passive range of motion
- Start Supine External Rotation- 0 degrees, then gradually progress, but limit ER to 30 degrees
- Supine Forward Elevation- 90 degrees
- No internal rotation

Phase II – Active (Weeks 6 to 10):

- Internal Rotation to belt line-gradually increase to Full
- Full elevation and gradually increase ER-limit ER progression to 30 degree
- Active Range of Motion with Passive Stretch to prescribed limits
- Supine to Start External Rotation-gradually increase to full
- Supine to Start Forward Elevation-Full-Progress to Seated
- Internal Rotation-gradually increase to full.

Phase III -Resisted (Week 10): Pendulums to warm-up and continue with Phase 2

- Scapular mobilization
- External and Internal Rotation
- Standing forward punch o Scapular Mobilization-Seated rows and shoulder shrugs

Phase IV – Weight Training (Week 12): select patients

- Keep Hands within eyesight, Keep elbows bent.
- Minimize overhead activities
- No Military press, pulldown behind head, or wide grip bench

Return to Activities:

- Computer: 4 weeks
- Golf: 4 months
- Tennis: 5 months