**Rehabilitation Protocol**

**HAGL and/or Subscapularis Repair**

* **Sling for 6 weeks**

**Phase 0 – Quiet (Week 0 - 4)**

* Elbow-wrist-hand ONLY
* Ok to come out of sling for hygiene
* NO active scapular retraction/protraction exercises
* Ice: continue to ice on a regular basis. At least 20 minutes at a time, 4-5 times per day.
* Shower: On post-op day 3
* Appointment: your first therapy appointment should begin 1 week after surgery

**Phase I – Passive Motion (Week 4 - 8)**

**Weeks 4 – 6:**

* Passive external rotation at 0\* abduction – **0\***
* Passive forward elevation – **90\***
* Passive internal rotation - ***GRADUALLY increase to full by week 12***
* Begin active scapular retraction/protraction exercises

**Weeks 6 – 8:**

* Passive external rotation at 0\* abduction – **30\***
* Passive forward elevation – **120\***
* Active assisted forward elevation – **90\*** (pulley)

**Phase II – Active Motion (Week 8 - 12)**

**Weeks 8 – 10:**

* Passive external rotation at 0\* & 45\* abduction – **45\***
* Passive forward elevation – (**140-160\*)**

**Weeks 10 – 12:**

* External rotation at 90\* abduction – **90\***
* Full forward elevation
* Full internal rotation

**Phase III – Resisted (Week 13 - 15)  
*Pendulums to warm up and continue with phase 2***

* External and Internal Rotation
* Standing forward punch
* Seated Rows
* Shoulder Shrugs
* Bicep Curls

**Phase IV – Weight Training (Week 16 and beyond)**

* \*\*Avoid anterior capsular/subscapularis stress\*\*
* Keep hands within eyesight, keep elbows bent, no long lever arms
* Minimize overhead activities (below shoulder level)
* No military press, pull-downs behind head, or wide grip bench
* Gradual progression of resistance controlling velocity, duration, intensity, and frequency
* Core strengthening and balance training
* MMI is usually at 12 months post-op

**RETURN TO ACTIVITIES**

Computer 3-4 weeks

Driving When no longer taking narcotics

Elliptical 1 months

Jogging 2 months

Golf (Chip & Putt) 3 months

Weight training 4 months

Golf (Irons & Driver) 5-6 months

Swimming 6 months

Skiing 7-8 months

Tennis 7-8 months

Contact Sports 7-8 months

Overhead Throwing 7-8 months

\*\*Heavy overhead lifting (military press), pull-down behind head, wide grip bench and dips are discouraged.