

Open or Arthroscopic HAGL and/or Subscapularis Repair

Regular sling for 6 weeks.

Phase 0- QUIET

Week 1-3

No shoulder rehab
No pendulums
Elbow and Hand ONLY

Phase 1 – PASSIVE

*Pendulums to warm-up
Passive ROM*

Week 4 & 5

Start Supine External Rotation – 0°, then progress, limit ER to 30°
Supine Forward Elevation – 90°
No Internal Rotation

Phase 2 – ACTIVE

*Internal rotation to belt line – gradually increase to full
Full elevation and gradually increase ER – limit ER progression to 30°*

Week 6-10

Active ROM with passive stretch to prescribed limits
Supine to start External Rotation
Supine to start Forward Elevation – full – progress to seated
Internal Rotation – gradually increase to full

Phase 3 – RESISTED

Pendulums to warm-up and continue with phase 2

Week 12

Scapular mobilization
External and Internal Rotation – Standing forward punch
Scapular mobilization - Seated Rows and Shoulder Shrugs

Weight Training

**select patients*

Week 16

Keep hands within eyesight, Keep elbows bent
Minimize overhead activities
(No military press, pull-down behind head, or wide grip bench)

Return to Activities

Computer

4 weeks

Golf

4 months (chip and putt only)

Tennis

5 months