

HSS – ERPB

523 E 72nd St, 6th Fl
New York, NY

HSS – West Side

610 W 58th St
New York, NY

HSS – Brooklyn

148 39th St, 7th Floor
Brooklyn, NY

**DR. GABRIELLA ODE**

Sports Medicine & Shoulder Surgery

www.GabriellaOdeMD.com



www.gabriellaodemd.com

Ode Office Tel: 212.606.1403

Ode Office Fax: 917.260.4903

PHYSICAL THERAPY PROTOCOL SUBSCAPULARIS REPAIR AND/OR HAGL REPAIR

PRECAUTIONS	This protocol may be used in isolation or in addition to a rotator cuff repair, or arthroplasty protocol. Follow the more conservative guidance. Regular sling for 6 weeks
Phase 0 - QUIET Week 1-3	No shoulder rehab No pendulums Elbow and Hand ONLY
Phase 1 – PASSIVE Week 4-5	<i>Pendulums to warm-up</i> <i>Passive ROM</i> Start Supine External Rotation – 0°, then progress, limit ER progression to 20° Supine Forward Elevation – 90° No Internal Rotation
Phase 2 – ACTIVE Week 6 - 10	<i>Internal rotation to belt line – gradually increase to full</i> <i>Full elevation and gradually increase ER – progress ER as tolerated</i> 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 Week 11	Pendulums to warm-up and continue with Phase 2 External and Internal Rotation – Standing forward punch Scapular mobilization - Seated Rows and Shoulder Shrugs
Weight Training 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