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**PHYSICAL THERAPY PROTOCOL  
SUBSCAPULARIS REPAIR AND/OR HAGL REPAIR**

<b>PRECAUTIONS</b>	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
<b>Phase 0 - QUIET Week 1-3</b>	No shoulder rehab No pendulums Elbow and Hand ONLY
<b>Phase 1 – PASSIVE Week 4-5</b>	<i>Pendulums to warm-up</i> <i>Passive ROM</i>  Start Supine External Rotation – 0°, then progress, limit ER to 30° Supine Forward Elevation – 90° No Internal Rotation
<b>Phase 2 – ACTIVE Week 6 - 10</b>	<i>Internal rotation to belt line – gradually increase to full</i> <i>Full elevation and gradually increase ER – limit ER progression to 30° until Week 6 then progress 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
<b>Phase 3 – RESISTED Week 12</b>	Pendulums to warm-up and continue with Phase 2 External and Internal Rotation – Standing forward punch Scapular mobilization - Seated Rows and Shoulder Shrugs
<b>Weight Training Week 16</b>	Keep hands within eyesight, Keep elbows bent Minimize overhead activities (No military press, pull-down behind head, or wide grip bench)
<b>Return to Activities</b>	Computer - 4 weeks Golf - 4 months (chip and putt only) Tennis - 5 months