

- **SUBSCAPULARIS REPAIR**
- **ANTERIOR HAGL REPAIR**



Post-op protocol for **Daniel Myer, M.D.**

Sling Use:

Sling for 8 weeks
 No PT weeks 0-4

Phase I: (Passive)	Week 4-6	<ul style="list-style-type: none"> • Range of Motion <ul style="list-style-type: none"> ○ Passive forward elevation to 90° ○ Passive external rotation to 0° at 0° abduction • Exercises <ul style="list-style-type: none"> ○ Begin wrist and hand active motion ○ Begin active shoulder protraction/retraction
Phase II: (Active/Assistive)	Week 6-8	<ul style="list-style-type: none"> • Range of Motion <ul style="list-style-type: none"> ○ Forward flexion to 120° ○ External rotation to 30° at 0° abduction • Exercises <ul style="list-style-type: none"> ○ Shoulder pulleys; flexion only (90° maximum) ○ Resisted manual scapular elevation and protraction/retraction
	Week 8-10	<ul style="list-style-type: none"> • Range of Motion <ul style="list-style-type: none"> ○ Begin AROM ○ Increase flexion to 140° to 160° ○ Increase external rotation to 45° at 0° abduction; 45 at 45 abduction
Phase III: (Resisted)	Week 10-12	<ul style="list-style-type: none"> • *Gradually work to 90 degrees external rotation at 90 degrees abduction by week 12 • Full flexion and internal rotation • Phase III resisted exercises