

Physical Therapy Prescription

SHOULDER INSTABILITY - HAGL REPAIR REHABILITATION PROTOCOL			
TIME PERIOD	RANGE OF MOTION	IMMOBILIZER	EXERCISES
0-4 Weeks	OK to use hand cautiously in front of body for functional tasks like typing (in sling).	Worn at all times except for hygiene and exercises.	Wrist, elbow, & hand ROM. No shoulder range of motion.
5-6 weeks	Begin Passive ROM, Active Assisted ROM, & Active ROM. Begin forward elevation to 90° and increase as tolerated. Begin External Rotation at 0° and increase to 25°.	None	Wrist, elbow, & hand ROM. Scapular stabilization exercises.
6-12 weeks	Increase to full motion as tolerated	None	May begin gentle Thera band exercises. Progress as tolerated. OK to do light weights in front of body (i.e. bench type, not flies). Start throwing progression. At 3 months, no specific limitations. Return to light contact sports.
4-6 months	Full motion without discomfort	None	Begin sport specific drills. Return to previous level of activity.

*****Begin Physical Therapy 5 weeks after surgery**

Dane Todd, MD
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Patient Name: _____

Surgery Date: _____

Side (Circled): Right Left

Physical therapy to evaluate and treat for post op HAGL repair using the above protocol. 1-2x per week for 12 weeks.

Notes: _____

MD signature: _____