



Christopher Kim, MD

The Iowa Clinic Orthopaedics Department

Arthroscopic or Open HAGL Repair Rehab Protocol

Weeks 0-3: Post Operative Phase (HEP)

Sling Immobilizer: At all times

Exercises: No shoulder ROM
AROM wrist/elbow
No Pendulums

Weeks 4-6: Phase I (HEP)

Sling Immobilizer: At all times

Exercises: Pendulums to warm up
Passive supine ER to neutral and extension to neutral
Passive supine FF in scapular plane to 90°
AROM wrist/elbow
Scapular "pinches"
Pain free submaximal deltoid isometrics

Weeks 7-10: Phase II

Sling Immobilizer: May discontinue after week 6.

Exercises: Passive & Active assisted FF in scapular plane - limit 140° (wand exercises, pulleys)
Passive & Active assisted ER - no limits (go SLOW with ER)
Manual scapular side-lying stabilization exercises
IR/ER submaximal, pain free isometrics
Modalities as needed

Advancement Criteria: FF to 160°

ER to 40°
Normal scapulohumeral rhythm
Minimal pain and inflammation

Weeks 11-14: Phase III

Exercises: AAROM for full FF and ER
AAROM for IR - no limits
IR/ER/FF isotonic strengthening
Scapular and latissimus strengthening



Humeral head stabilization exercises
Begin biceps strengthening
Progress IR/ER to 90/90 position if required
General upper extremity flexibility exercises

Advancement Criteria: Normal scapulohumeral rhythm
Full upper extremity ROM
Isokinetic IR/ER strength 85% of uninvolved side
Minimal pain and inflammation

Weeks 15-18: Phase IV

Exercises: Continue full upper extremity strengthening program
Continue upper extremity flexibility exercises
Activity-specific plyometrics program
Begin sport or activity related program
Address trunk and lower extremity demands

Discharge Criteria: Isokinetic IR/ER strength equal to uninvolved side
Independent HEP
Independent, pain-free sport or activity specific program