

Dr. Curtis Noel's Protocol for:

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



Sling Use:

Sling for 8 weeks  
\*\*\*No PT weeks 0-4\*\*\*

Phase I: (Passive)

Week 4-6

- Range of Motion
  - Passive forward elevation to 90°
  - Passive external rotation to 0° at 0° abduction
- Exercises
  - Begin wrist and hand active motion
  - Begin active shoulder protraction/retraction

Phase II:  
(Active/Assistive)

Week 6-8

- Range of Motion
  - Forward flexion to 120°
  - External rotation to 30° at 0° abduction
- Exercises
  - Shoulder pulleys; flexion only (90° maximum)
  - Resisted manual scapular elevation and protraction/retraction

Week 8-10

- Range of Motion
  - 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

- \*Gradually work to 90 degrees external rotation at 90 degrees abduction by week 12
- Full flexion and internal rotation
- Phase III resisted exercises