

Name _____

Date _____

Physician _____



Patient Flow Sheet

proaxistherapy™

Open or Arthroscopic HAGL and/or Subscapularis Repair

Regular sling for 6 weeks.

Phase 0 – (QUIET)

Week 1-3 No Shoulder Rehab
 No pendulums
 Elbow and Hand Only

Phase 1 - (PASSIVE)

Pendulums to warm-up
Passive range of motion

Week 4 & 5 Start Supine External Rotation- 0 degrees, then gradually progress, but limit ER to 30°.
 Supine Forward Elevation- 90 degrees
 No internal rotation

Phase 2 - (ACTIVE) Internal Rotation to belt line-gradually increase to Full
 Full elevation and gradually increase ER-limit ER progression to 30°.

Week 6-10 Active Range of Motion with Passive Stretch to prescribed limits
 Supine to Start External Rotation-gradually increase to full
 Supine to Start Forward Elevation-Full-Progress to Seated
 Internal Rotation-gradually increase to full.

Phase 3 - (RESISTED) *Pendulums to warm-up and continue with Phase 2*

Week 10 Scapular mobilization
 External and Internal Rotation
 Standing forward punch
 Scapular Mobilization-Seated rows and shoulder shrugs

Weight Training **select patients*

Week 12 Keep Hands within eyesight, Keep elbows bent.
 Minimize overhead activities
 (No Military press, pulldown behind head, or wide grip bench)

Return to Activities

Computer 4 weeks
Golf 4 months
Tennis 5 months

Surgeon Comments:

Therapist Name _____