

## HAGL rehabilitation protocol

- 0 - 4 weeks
- Sling
- Passive forward flexion to 90 degrees, external rotation to 30 degrees with arm at the side
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- 4 - 10 weeks
- Assisted active forward flexion to 140 degrees
- External rotation to 40 degrees with arm at side
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- 10 - 12 weeks
- External rotation permitted with 45 degrees of abduction