

# Large Rotator Cuff Repair

Name: \_\_\_\_\_  
 Dr: Rothenberg

DOB: \_\_\_\_\_  
 DOS: \_\_\_\_\_

	ROM & Muscle Initiation	1	2	3	4	5	6+	7-11+	12-17+	18-23+	24+
		<b>Passive ROM RESTRICTIONS</b>	Scapular retraction - depression								
<b>FE:</b> 90 x 2 wks 150 x 2 wks then FROM  <b>ER:</b> 45 x 2 wks 60 x 2 wks then FROM  <b>IR:</b> 30 x 2 wks 45 x 2 wks then FROM  <b>ABD:</b> 90 x 2 wk 120 x 2 wks then FROM	Cervical, elbow, wrist & hand ROM										
	Pendulums										
	Passive ROM:										
	A) Ext rotation & internal rotation to belt										
	B) Forward elevation & scaption										
	C) Abduction										
	Active assist ROM:										
	A) External & internal rotation										
	B) Forward elevation & scaption										
	Isometrics										
A) External & internal rotation											
B) Biceps & triceps											
Active ROM											
A) Sidelying external rotation											
B) Forward elevation & scaption											
C) Salutes (lawn chair progression)											
D) Prone extension & horizontal abd											
G) Open chain proprioception											
Low load prolonged stretches:											
A) Towel internal rotation											
B) Cross arm											
C) Sleeper											
D) 90/90 external rotation											
<b>Progress to Endurance: 6+ wks &amp; PROM FE 120, Abd 90, Ext Rot 30, Q DASH &lt;60%,</b>											
<b>Begin full AROM</b>  6 weeks  <b>Sling</b>  6 weeks	<b>Muscular Endurance 3 x 15, 45s rest</b>							9			
	External & internal rotation										
	Punches with a plus										
	Sport cord rows										
	Prone lower trap										
	Bicep curls / tricep extension										
Closed chain stability											
<b>Progress to Strength: 12+ wks &amp; AROM FE 120, Abd 120, Ext Rot 45, Q DASH &lt;45%</b>											
<b>Weight Bearing</b>  NWB x 6 weeks; then 5lbs weight	<b>Muscular Strength 3 x 10 120s rest</b>								13-18+		
	External rotation at 45° & 90°										
	Bear hugs										
	Statue of liberty										
	Push up plus progression										
	<b>Progress to Power: 18+ wk + strength &gt;80% contralateral: Full can, Abd, Belly press, ER@0, IR@0, QDASH &lt;20%,</b>										
	<b>Muscular Power 3 x 6, 180s rest</b>									19-24+	
	Advanced closed chain stability										
	PNF with resistance										
	Decelerations & Plyometric ext rotation										
	<b>Progress to High Level: 24+ wks + strength &gt;90% contralateral side (motions as above), CKQUEST &gt;21 / 15s</b>										