Large Rotator Cuff Repair

Name: _____ DOB: _____

Dr: Cinque DOS: _____

Passive ROM RESTRICTIONS

FE: 90 x 2 wks
150 x 2 wks
then FROM

ER: 45 x 2 wks
60 x 2 wks
then FROM

IR: 30 x 2 wks
45 x 2 wks
then FROM

ABD: 90 x 2 wk
120 x 2 wks
then FROM

Begin full AROM

6 weeks

Sling

6 weeks

Weight Bearing

NWB x 6 weeks; then 5lbs weight bearing restriction x 6 weeks, then advance as tolerated

ROM & Muscle Initiation	**1**	**2**	**3**	**4**	**5**	**6+**		**7-11+**	**12-17+**	**18-23+**	**24+**
Scapular retraction - depression											
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											
Progress to Endurance: 6+ wks & PROM FE 120, Abd 90, Ext Rot 30, Q DASH <60%,											
Muscular Endurance 3 x 15, 45s rest								**9**			
External & internal rotation											
Punches with a plus											
Sport cord rows											
Prone lower trap											
Bicep curls / tricep extension											
Closed chain stability											
Progress to Strength: 12+ wks & AROM FE 120, Abd 120, Ext Rot 45, Q DASH <45%											
Muscular Strength 3 x 10 120s rest									**13-18+**		
External rotation at 45° & 90°											
Bear hugs											
Statue of liberty											
Push up plus progression											
Progress to Power: 18+ wk + *strength >80% contralateral: Full can, Abd, Belly press, ER@0, IR@0, QDASH <20%,*											
Muscular Power 3 x 6, 180s rest										**19-24+**	
Advanced closed chain stability											
PNF with resistance											
Decelerations & Plyometric ext rotation											
Progress to High Level: 24+ wks + strength >90% contralateral side (motions as above), CKCUEST >21 / 15s											
High Level Activities										**19-24+**	**25+**
Skiing											
Overhead & serving sports											
Throwing progression											