Massive Rotator Cuff Repair

15s

	Name:					DOB:							
	Dr: Cinque				DOS:								
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	ROM & Muscle Initiation	1-2	3-4	5-6	7	8-9+	10-14+	15-20+	21-26+	27+			
	Scapular retraction - depression												
	Cervical, elbow, wrist & hand ROM												
Passive ROM	Pendulums												
RESTRICTION	Passive ROM:												
S	A) Ext rotation & internal rotation to belt												
	B) Forward elevation & scaption												
No Motion x 6	C) Abduction												
weeks	Active assist ROM:												
(including	A) External & internal rotation												
passive)	B) Forward elevation & scaption												
	Isometrics												
	A) External & internal rotation B) Biceps & triceps												
Begin PROM	Active ROM												
at 6 weeks	A) Sidelying external rotation												
	B) Forward elevation & scaption												
FE: full	C) Salutes (lawn chair progression)												
	D) Prone extension & horizontal abd												
ER: full	G) Open chain proprioception												
	Low load prolonged stretches:												
IR: to belt	A) Towel internal rotation												
	B) Cross arm												
ABD: full	C) Sleeper												
	D) 90/90 external rotation												
Begin full	Progress to Endurance: 6+ wks & PROM F	E 120, /	4 <i>bd 90</i>), Ext R	20t 30	O, Q DAS	SH <60%,						
AROM	Muscular Endurance 3 x 15, 45s rest						10-14+						
	External & internal rotation												
8 weeks	Punches with a plus												
	Sport cord rows												
Sling	Prone lower trap												
5	Bicep curls / tricep extension												
8 weeks	Closed chain stability												
	Progress to Strength: 12+ wks & AROM FE	120, A	bd 120	, Ext R	ot 45	, Q DAS	H <45%						
Weight	Muscular Strength 3 x 10 120s rest							15-20+					
Bearing	External rotation at 45° & 90°												
	Bear hugs												
NWB x 8	Statue of liberty												
weeks; then	Push up plus progression												
5lbs weight	Progress to Power: 18+ wk + s <i>trength >80</i>	% con	tralate	eral: F	ull ca	ın, Abd,	Belly pro	ess, ER@	0, IR@0,				
	QDASH <20%												
	Muscular Power 3 x 6, 180s rest								21-26+				
	Advanced closed chain stability												
	PNF with resistance												
	Decelerations & Plyometric ext rotation												
	Progress to High Level: 24+ wks + strengt	h >909	% cont	ralate	eral s	ide (mo	otions as	above),	CKCUEST	>21/			

High Level Activities					21-26+	27+
Skiing						
Overhead & serving sports						
Golf						