

Comprehensive Orthopaedics, S.C.

ROTATOR CUFF REPAIR (Type I <1 cm)

Dr. Jonathan Main, MD

	ROM GOALS	STRENGTH GOALS	FUNCTION GOALS
0-3 weeks	<p>*NO Shoulder AROM before 4 wk (per MD)</p> <p>PROM</p> <ul style="list-style-type: none"> Flexion to 110° Scaption to 120° ER to 45° (in 60 abd) IR to abdomen <p>AROM</p> <ul style="list-style-type: none"> Full elbow (If no biceps involvement), forearm, wrist and hand motion without resistance 	<p>Submax Isometrics Only</p> <ul style="list-style-type: none"> Flexion Extension Abduction <ul style="list-style-type: none"> Forearm, wrist and hand strengthening Gentle elbow strengthening (If no Biceps involvement) 	<ul style="list-style-type: none"> Sling for 1-2 weeks Achieve 0/10 pain rating at rest Normal use of eating utensils
3-6 weeks	<p>PROM → AAROM → AROM</p> <ul style="list-style-type: none"> Flexion to 150° Scaption to 160° ER to 60-75° (in 90° abd) Standing scaption to 120° 	<ul style="list-style-type: none"> Initiate isotonic scapular stabilizers ER/IR AROM activation (elbow at side) Build endurance (3 x 15) for standing AROM 	<p>Initiate:</p> <ul style="list-style-type: none"> Non-weighted below and above shoulder height ADL's Normal grooming, bathing and dressing
6-9 weeks	<p>AAROM</p> <ul style="list-style-type: none"> Achieve symmetrical motion <p>AROM</p> <ul style="list-style-type: none"> Achieve 90% of opposite side 	<ul style="list-style-type: none"> Begin rhythmic stabilization, PNF, CKC Advance PREs including rotator cuff 	<p>Initiate:</p> <ul style="list-style-type: none"> Weighted below shoulder height ADL's. Light weighted above shoulder height ADL's 0/10 pain rating with routine ADL's Normal sleeping and behind the back ADL's
9-12 weeks	<p>AROM</p> <ul style="list-style-type: none"> Achieve 100% of opposite side (non-compensated) 	<p>Initiate:</p> <ul style="list-style-type: none"> Plyometric training 	<ul style="list-style-type: none"> Initiated low volume work simulation or sports skills.
3-4 months	<ul style="list-style-type: none"> Maintain AROM Continue self stretching 	<ul style="list-style-type: none"> Assess functional skills & isokinetic strengthening 	<ul style="list-style-type: none"> Initiated throwing program Light non-contact sports
4-6 months	<ul style="list-style-type: none"> Maintain AROM Continue self stretching 	<ul style="list-style-type: none"> Set up sports specific or work related training program 	<ul style="list-style-type: none"> Full sports activities



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