

ROTATOR CUFF REPAIR (TYPE II = 1-3 CM)

	ROM GOALS	STRENGTH GOALS	FUNCTION GOALS
0-3 weeks	PROM/AAROM <ul style="list-style-type: none"> • ER to 30-45° • IR to abdomen • Scaption to 120° • Flexion to 110° 	Isometric Only <ul style="list-style-type: none"> • Flexion • Extension • Abduction 	<ul style="list-style-type: none"> • Sling for 2 weeks
3-6 weeks	AAROM <ul style="list-style-type: none"> • ER to 45-60° • Scaption to 145° • Flexion to 135° 	<ul style="list-style-type: none"> • Begin submax ER/IR • Begin isotonic for scapular stabilizers 	<ul style="list-style-type: none"> • Maintain arm by side with ADL's
6-9 weeks	AAROM <ul style="list-style-type: none"> • ER to 60-75° • Scaption to 165° • Flexion to 155° 	<ul style="list-style-type: none"> • Begin light ER/IR isotonic • Begin rhythmic stabilization • Build endurance (3X15) for standing AROM 	<ul style="list-style-type: none"> • Begin performing non-weighted below shoulder height ADL's
9-12 weeks	AAROM <ul style="list-style-type: none"> • Achieve symmetrical AAROM for all motions • Achieve 90% symmetry for all AROM motions 	<ul style="list-style-type: none"> • Begin CKC & PNF strengthening • Advance PRE's for scapula and rotator cuff 	<ul style="list-style-type: none"> • Begin performing non-weighted above shoulder height ADL's • Begin performing weighted below shoulder height ADL's
3-4 months	<ul style="list-style-type: none"> • Achieve symmetrical AROM (non-compensated) 	Initiate: <ul style="list-style-type: none"> • Light plyometrics • Light isokinetics 	<ul style="list-style-type: none"> • Begin performing weighted ADL's • Initiate low volume work simulation or sport skills
4-6 months	<ul style="list-style-type: none"> • Maintain AROM • Continue self stretches 	<ul style="list-style-type: none"> • Assess functional skills & isokinetic strength 	<ul style="list-style-type: none"> • Throwing program after 5 months • Non-contact sports at 4-5 months • Full sports after 6 months