

# ROTATOR CUFF REPAIR (Type II <1-3 cm)

*Karl Scheidt, MD*

	<b>ROM GOALS</b>	<b>STRENGTH GOALS</b>	<b>FUNCTION GOALS</b>
0-3 weeks	<p><i>*NO Shoulder AROM before 6 wk (per MD)</i></p> <p><b>PROM</b></p> <ul style="list-style-type: none"> <li>Flexion to 110°</li> <li>Scaption to 120°</li> <li>ER to 30°-45° (in 60° scaption)</li> <li>IR to abdomen</li> </ul> <p><b>AROM</b></p> <ul style="list-style-type: none"> <li>Full elbow (If no biceps involvement), forearm, wrist and hand motion without resistance</li> </ul>	<p>Submax Isometrics Only</p> <ul style="list-style-type: none"> <li>Flexion</li> <li>Extension</li> <li>Abduction</li> </ul> <ul style="list-style-type: none"> <li>Forearm, wrist and hand strengthening</li> <li>Gentle elbow strengthening (If no Biceps involvement)</li> </ul>	<ul style="list-style-type: none"> <li>Immobilizer/Sling for 2-3 weeks</li> </ul>
3-6 weeks	<p><b>PROM → AAROM</b></p> <ul style="list-style-type: none"> <li>Flexion to 135°</li> <li>Scaption to 145°</li> <li>ER to 45°-60° (in 60° scaption)</li> </ul>	<ul style="list-style-type: none"> <li>Initiate isotonic scapular stabilizers</li> <li>Begin submax ER/IR isometric (elbow at side)</li> </ul>	<ul style="list-style-type: none"> <li>Maintain arm by side with ADL's</li> <li>Achieve 0/10 pain rating at rest</li> <li>Normal use of eating utensils</li> </ul>
6-9 weeks	<p><b>AAROM → AROM</b></p> <p>Flexion to 155° Scaption to 165° ER to 60-75° (in 90° scaption)</p> <p><b>AROM</b></p> <p>Achieve 50-75% of opposite side</p>	<ul style="list-style-type: none"> <li>Begin light ER/IR isotonic</li> <li>Begin rhythmic stabilization</li> <li>Build endurance (3 x 15) for standing AROM</li> </ul>	<p>Initiate:</p> <ul style="list-style-type: none"> <li>Non-weighted below and above shoulder height ADL's</li> <li>Normal grooming, bathing and dressing</li> </ul>
9-12 weeks	<p><b>AAROM</b></p> <ul style="list-style-type: none"> <li>Achieve symmetrical for all motions</li> </ul> <p><b>AROM</b></p> <ul style="list-style-type: none"> <li>Achieve 90% of opposite side.</li> </ul>	<p>Initiate:</p> <ul style="list-style-type: none"> <li>CKC and PNF strengthening</li> <li>Advance PREs for scapula and rotator cuff</li> </ul>	<p>Initiate:</p> <ul style="list-style-type: none"> <li>Weighted below shoulder height ADL's.</li> <li>Non-weighted above shoulder height ADL's</li> <li>0/10 pain rating with routine ADL's</li> <li>Normal sleeping and behind the back ADL's</li> </ul>
3-4 months	<p><b>AROM</b></p> <ul style="list-style-type: none"> <li>Achieve symmetrical AROM (non-compensated)</li> </ul>	<p>Initiate:</p> <ul style="list-style-type: none"> <li>Light isokinetics</li> <li>Light Plyometric training</li> </ul>	<p>Initiate:</p> <ul style="list-style-type: none"> <li>Weighted above shoulder height ADL's.</li> <li>Low volume work simulation or sports skills</li> </ul>
4-6 months	<ul style="list-style-type: none"> <li>Maintain AROM</li> <li>Continue self stretching</li> </ul>	<ul style="list-style-type: none"> <li>Set up sports specific or work related training program</li> </ul>	<ul style="list-style-type: none"> <li>Throwing program after 4-5 months</li> <li>Non-contact sports at 4-5 months</li> <li>Full sports activities after 6 months</li> </ul>



Kenosha Medical Center Campus  
6308 Eighth Avenue  
Kenosha, Wisconsin 53143  
262-656-3290

LakeView RecPlex  
9900 Terwall Terrace  
Pleasant Prairie, Wisconsin 53158  
262-577-8725

St. Catherine's Medical Center Campus  
9555 76<sup>th</sup> Street  
Pleasant Prairie, Wisconsin 53158  
262-577-8989