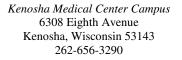
## ROTATOR CUFF REPAIR (Type II <1-3 cm) Karl Scheidt, MD

	ROM GOALS	STRENGTH GOALS	FUNCTION GOALS
0-3 weeks	<ul> <li>*NO Shoulder AROM before 6 wk (per MD)</li> <li>PROM</li> <li>Flexion to 110°</li> <li>Scaption to 120°</li> <li>ER to 30°-45° (in 60° scaption)</li> <li>IR to abdomen</li> <li>AROM</li> <li>Full elbow (If no biceps involvement), forearm, wrist and hand motion without resistance</li> </ul>	Submax Isometrics Only         Flexion         Extension         Abduction         Forearm, wrist and hand strengthening         Gentle elbow strengthening (If no Biceps involvement)	• Immobilizer/Sling for 2-3 weeks
3-6 weeks	<ul> <li>PROM → AAROM</li> <li>Flexion to 135°</li> <li>Scaption to 145°</li> <li>ER to 45°-60° (in 60° scaption)</li> </ul>	<ul> <li>Initiate isotonics scapular stabilizers</li> <li>Begin submax ER/IR isometric (elbow at side)</li> </ul>	<ul> <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	AAROM → AROM Flexion to 155° Scaption to 165° ER to 60-75° (in 90° scaption) AROM Achieve 50-75% of opposite side	<ul> <li>Begin light ER/IR isotonics</li> <li>Begin rhythmic stabilization</li> <li>Build endurance (3 x 15) for standing AROM</li> </ul>	<ul> <li>Initiate:</li> <li>Non-weighted below and above shoulder height ADL's</li> <li>Normal grooming, bathing and dressing</li> </ul>
9-12 weeks	<ul> <li>AAROM</li> <li>Achieve symmetrical for all motions</li> <li>AROM</li> <li>Achieve 90% of opposite side.</li> </ul>	<ul> <li>Initiate:</li> <li>CKC and PNF strengthening</li> <li>Advance PREs for scapula and rotator cuff</li> </ul>	<ul> <li>Initiate:</li> <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	<ul> <li>AROM</li> <li>Achieve symmetrical AROM (non-compensated)</li> </ul>	<ul><li>Initiate:</li><li>Light isokinetics</li><li>Light Plyometric training</li></ul>	<ul> <li>Initiate:</li> <li>Weighted above shoulder height ADL's.</li> <li>Low volume work simulation or sports skills</li> </ul>
4-6 months	<ul><li>Maintain AROM</li><li>Continue self stretching</li></ul>	• Set up sports specific or work related training program	<ul> <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>



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

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