

Massive Rotator Cuff Repair

PNF with resistance



	Name:			D	OB:							
	Dr: Godin		DOS:									
	1		_							_		
Passive ROM	ROM & Muscle Initiation	1-2	3-4	5-6	7	8-9+	10- 14+	15-20+	21-26+	27+		
RESTRICTION	Scapular retraction - depression											
S	Cervical, elbow, wrist & hand ROM											
	Pendulums											
No Motion x	Passive ROM:											
6 weeks	A) Ext rotation & internal rotation to belt											
(including	B) Forward elevation & scaption											
passive)	C) Abduction Active assist ROM:											
	Active assist KOM: A) External & internal rotation											
	B) Forward elevation & scaption											
Begin PROM	Isometrics											
at 6 weeks	A) External & internal rotation											
	B) Biceps & triceps											
FE: full	Active ROM											
ED (!!	A) Sidelying external rotation											
ER: full	B) Forward elevation & scaption											
IR: to belt	C) Salutes (lawn chair progression) D) Prone extension & horizontal abd											
	G) Open chain proprioception											
ABD: full	Low load prolonged stretches:											
ABD: TUII	A) Towel internal rotation											
Danin full	B) Cross arm											
Begin full AROM	C) Sleeper											
AKOM	D) 90/90 external rotation		100									
8 weeks	Progress to Endurance: 6+ wks & PROM FE 120, Abd 90, Ext Rot 30, Q DASH <60%,											
O WEEKS	Muscular Endurance 3 x 15, 45s rest						10-14+					
Sling	External & internal rotation											
	Punches with a plus											
8 weeks	Sport cord rows											
	Prone lower trap											
Weight	Bicep curls / tricep extension											
Bearing	Closed chain stability											
•	Progress to Strength: 12+ wks & AROM FE 120, Abd 120, Ext Rot 45, Q DASH <45%											
NWB x 8	Muscular Strength 3 x 10 120s rest							15-20+				
weeks; then	External rotation at 45° & 90°											
5lbs weight	Bear hugs											
bearing	Statue of liberty											
restriction x 6	Push up plus progression											
	Progress to Power: 18+ wk + strength >80% contralateral: Full can, Abd, Belly press, ER@0, IR@0, QDASH											
	<20%											
	Muscular Power 3 x 6, 180s rest								21-26+			
	Advanced closed chain stability											

Decelerations & Plyometric ext rotation										
Progress to High Level: 24+ wks + strength >90% contralateral side (motions as above), CKCUEST >21 / 15s										
High Level Activities								21-26+	27+	
Skiing										
Overhead & serving sports										
Golf										

© Copyright 2019 Dr. Jon Godin / Howard Head Sports Medicine