

Small / Medium Rotator Cuff Repair



	Name:				DOB:						
	Dr: Godin				DC	OS:					
				_			-				
Passive	ROM & Muscle Initiation	1	2	3	4	5	6+	7-	12-17+	18-23+	24+
ROM		Ľ.	_		_		Ŭ.	11+	12-17	10-20	24.
RESTRICTION	Scapular retraction - depression										
S	Cervical, elbow, wrist & hand ROM										
FF. CII	Pendulums										
FE: full	Passive ROM:										
ER: full	A) Ext rotation & internal rotation to belt B) Forward elevation & scaption										
EK: TUII	C) Abduction										
IR: to belly	Active assist ROM:										
IK. 10 Delly	A) External & internal rotation										
ABD: full	B) Forward elevation & scaption										
ADD: 1011	Isometrics										
	A) External & internal rotation										
Begin full	B) Biceps & triceps Active ROM										
AROM	A) Sidelying external rotation										
AROM	B) Forward elevation & scaption										
4 weeks	C) Salutes (lawn chair progression)										
- WOOKS	D) Prone extension & horizontal abd										
	G) Open chain proprioception										
Sling	Low load prolonged stretches:										
J9	A) Towel internal rotation										
4 weeks	B) Cross arm										
I Wood	C) Sleeper D) 90/90 external rotation										
Weight	Progress to Endurance: 6+ wks & PROM FE 1	20 4	P9 00) Evt	Pot 3	20.0	DASH	L < 60%			
Bearing	Muscular Endurance 3 x 15, 45s rest	20, 7	DU 70	, LAI	KOI 3	0, 0	DASI	7-12 +			
	External & internal rotation							7-12+			
NWB x 4	Punches with a plus										
weeks; then	·										
5lbs weight	Sport cord rows										
bearing	Prone lower trap										
restriction x 4	Bicep curls / tricep extension										
weeks, then	Closed chain stability	<u>L.</u>	<u> </u>			<u> </u>	<u> </u>	4			
advance as	Progress to Strength: 12+ wks & AROM FE 1:	20, A	bd 12	0, Ex	t Rot	45, Q	DASI	H <45%			
tolerated	Muscular Strength 3 x 10 120s rest								13-18+		
	External rotation at 45° & 90°										
	Bear hugs										
	Statue of liberty										
	Push up plus progression										
	Progress to Power: 18+ wk + strength >	80%	contro	alater	al: Fu	II can	, Abd,	Belly pr	ess, ER@C	, IR@0, G	DASH
	<20%,										
	Muscular Power 3 x 6, 180s rest									19-24+	
	Advanced closed chain stability										
	PNF with resistance										

Decelerations & Plyometric ext rotation											
Progress to High Level: 24+ wks + strength >90% contralateral side (motions as above), CKCUEST >21 / 15s											
High Level Activities									19-24+	25+	
Skiing											
Overhead & serving sports											
Throwing progression											

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