

Comprehensive Orthopaedics, S.C.

ROTATOR CUFF REPAIR (Type III <3-5 cm)

Dr. Jonathan Main, MD

	ROM GOALS	STRENGTH GOALS	FUNCTION GOALS
0-3 weeks	<p>*NO Shoulder AROM before 8 wk (per MD)</p> <p>PROM</p> <ul style="list-style-type: none"> Flexion to 90° Scaption to 90° ER to 30° (in 45° scaption) IR to abdomen <p>AROM</p> <ul style="list-style-type: none"> Full elbow (If no biceps involvement), forearm, wrist and hand motion without resistance 	<p>Submax Isometrics Only</p> <ul style="list-style-type: none"> Flexion Extension Abduction <ul style="list-style-type: none"> Forearm, wrist and hand strengthening 	<ul style="list-style-type: none"> Immobilizer for 3+ weeks
3-6 weeks	<p>PROM</p> <ul style="list-style-type: none"> Flexion to 115° Scaption to 125° ER to 45° (in 60° scaption) 	<ul style="list-style-type: none"> Gentle elbow strengthening (If no Biceps involvement) Activation/manual resistance of scapular stabilizers Begin submax ER/IR isometric (per MD) 	<ul style="list-style-type: none"> Wean to sling (4-5 weeks per MD) All ADL's in sling (except in therapy) Achieve 0/10 pain rating at rest
6-9 weeks	<p>PROM → AAROM</p> <p>Flexion to 135°</p> <p>Scaption to 145°</p> <p>ER to 60-75° (in 75° scaption)</p> <p>AROM</p> <ul style="list-style-type: none"> Scaption to 75° 	<ul style="list-style-type: none"> Begin ER/IR AROM/activation Begin light rhythmic stabilization Isotonic for scapular stabilizers 	<ul style="list-style-type: none"> Wean from sling (6 wks per MD) <p>Initiate:</p> <ul style="list-style-type: none"> Gentle non-weighted below shoulder height ADL's Normal use of eating utensils
9-12 weeks	<p>AAROM</p> <ul style="list-style-type: none"> Scaption 165° ER to 90° (90° scaption) <p>AROM</p> <ul style="list-style-type: none"> Scaption 145° 	<p>Initiate:</p> <ul style="list-style-type: none"> Isotonic for ER/IR Build endurance (3 x 15) for standing AROM CKC and PNF strengthening 	<p>Initiate:</p> <ul style="list-style-type: none"> Gentle non-weighted above shoulder height ADL's Normal grooming, bathing and dressing
3-4 months	<p>AROM</p> <ul style="list-style-type: none"> Achieve 90% of opposite side. 	<ul style="list-style-type: none"> Advance PREs for scapula and rotator cuff 	<p>Initiate:</p> <ul style="list-style-type: none"> Weighted below shoulder height ADL's. 0/10 pain rating with routine ADL's Normal sleeping and behind the back ADL's
4-6 months	<p>AROM</p> <ul style="list-style-type: none"> Achieve 100% of opposite side. Continue self stretching 	<ul style="list-style-type: none"> Light isokinetics Light Plyometric training 	<ul style="list-style-type: none"> Low volume work simulation or sports skills Return to recreational sports 6-7 months Full contact sports in 7-9 months



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