

# Large Rotator Cuff Repair

Name: \_\_\_\_\_  
 Dr: Doan

DOB: \_\_\_\_\_  
 DOS: \_\_\_\_\_

		1	2	3	4	5	6+	7-11+	12-17+	18-23+	24+
<b>Passive ROM RESTRICTIONS</b>	<b>ROM &amp; Muscle Initiation</b>										
	Scapular retraction - depression										
	Cervical, elbow, wrist & hand ROM										
	Pendulums										
	Passive ROM:										
	A) Ext rotation & internal rotation to belt										
	B) Forward elevation & scaption										
	C) Abduction										
	Active assist ROM:										
	A) External & internal rotation										
B) Forward elevation & scaption											
<b>ER: 45 x 2 wks 60 x 2 wks then FROM</b>	Isometrics										
	A) External & internal rotation										
	B) Biceps & triceps										
<b>IR: 30 x 2 wks 45 x 2 wks then FROM</b>	Active ROM										
	A) Sidelying external rotation										
	B) Forward elevation & scaption										
<b>ABD: 90 x 2 wk 120 x 2 wks then FROM</b>	C) Salutes (lawn chair progression)										
	D) Prone extension & horizontal abd										
	G) Open chain proprioception										
	Low load prolonged stretches:										
	A) Towel internal rotation										
<b>Begin full AROM</b>	B) Cross arm										
	C) Sleeper										
	D) 90/90 external rotation										
	6 weeks	<b>Progress to Endurance: 6+ wks &amp; PROM FE 120, Abd 90, Ext Rot 30, Q DASH &lt;60%,</b>									
<b>Sling</b>	<b>Muscular Endurance 3 x 15, 45s rest</b>							9			
	External & internal rotation										
	Punches with a plus										
	6 weeks	Sport cord rows									
	Prone lower trap										
	<b>Weight Bearing</b>	Bicep curls / tricep extension									
Closed chain stability											
6 weeks		<b>Progress to Strength: 12+ wks &amp; AROM FE 120, Abd 120, Ext Rot 45, Q DASH &lt;45%</b>									
<b>NWB x 6 weeks; then 5lbs weight bearing restriction x 6 weeks, then advance as tolerated</b>	<b>Muscular Strength 3 x 10 120s rest</b>								13-18+		
	External rotation at 45° & 90°										
	Bear hugs										
	Statue of liberty										
	Push up plus progression										
6 weeks	<b>Progress to Power: 18+ wk + strength &gt;80% contralateral: Full can, Abd, Belly press, ER@0, IR@0, QDASH &lt;20%,</b>										
<b>Advanced closed chain stability</b>	<b>Muscular Power 3 x 6, 180s rest</b>									19-24+	
	Advanced closed chain stability										
	PNF with resistance										
	Decelerations & Plyometric ext rotation										
6 weeks	<b>Progress to High Level: 24+ wks + strength &gt;90% contralateral side (motions as above), CKQUEST &gt;21 / 15s</b>										
<b>High Level Activities</b>	<b>High Level Activities</b>									19-24+	25+
	Skiing										
	Overhead & serving sports										
	Throwing progression										



Questions - Please call:  
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