

Dr. John Drawbert  
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 & Sports Medicine  
 1200 OakLeaf Way, Suite A  
 Altoona, WI 54720

Patient \_\_\_\_\_  
 D.O.S. \_\_\_\_\_

757 Lakeland Drive, Suite B  
 Chippewa Falls, WI 54729

## OPEN ROTATOR CUFF REPAIR PROTOCOL LARGE/MASSIVE

	WEEK 1-3 Begins DOS	WEEK 4-6	WEEK 7-9	WEEK 10-12	WEEK 13+
<b>PASSIVE SCAPTION</b>	0-90	0-100	0-120	Equal to uninjured	Equal to uninjured
<b>ACTIVE SCAPTION</b>	none	none	As tolerated _____ →		
<b>PASSIVE ER</b>	0-30	0-45	0-60	Equal to U.I.	Equal to U.I.
<b>ACTIVE ER</b>	none	none	As tolerated _____ →		
<b>IMMOB/SLING</b>	yes	yes	wean	no	no
<b>PT visits/wk</b>	2	2	2	2	2 → 1
<b>EXERCISES</b>	AROM (cervical, elbow, wrist, hand)		AROM (FLEX, ER, IR)		AROM (ABD)
	Pendulums	AAROM - wand FLEX, ER _____ →			
	Pulleys (wk 2)	PROM -seated FLEX, ER on table _____ →			
	-PT visits/week may vary	Joint mobilization _____ →			
		Scapular retract/depress -swiss ball	Add sidelying reach & roll (NO ABD!)	Add seated row & sidelying reach & roll with ABD	
	-individual ex progression may vary	Weight-bearing in closed kinetic chain position _____ →			
		Isometric FLEX/EXT	Add isometric ER/IR	Manual resistance	tubing/therabands PRE's, PNF prone ex
<b>FOLLOW MD's Rx</b>	UBE _____ →				
Reviewed September 2015					

***Any questions? Please contact:***  
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