

Dr. John Drawbert

Chippewa Valley Orthopedics & Sports Medicine

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Patient \_\_\_\_\_

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

## OPEN ROTATOR CUFF REPAIR PROTOCOL SMALL/MODERATE

	<b>WEEK 1-4 Begins on DOS</b>	<b>WEEK 5-6</b>	<b>WEEK 7-9</b>	<b>WEEK 10-12</b>	<b>WEEK 13+</b>	
<b>PASSIVE SCAPTION</b>	0-90	0-120	0-150	Equal to uninvolved	Equal to Uninvolved	
<b>ACTIVE SCAPTION</b>	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	As tolerated →				
<b>IMMOB/SLING</b>	yes	wean	no	no		
<b>P.T. visits/week</b>	2-3	2-3	2-3	2-3	2 → 1	
<b>EXERCISES</b>  <ul style="list-style-type: none"> <li>• PT visits/week may vary</li> <li>• Individual exercise progression may vary</li> </ul>	AROM (cervical, elbow, wrist, hand)		AROM (FLEX, ER, IR) →		AROM (ABD)	
	Pendulums	AAROM wand FLEX, ER →				
	Pulleys (week 2)	PROM seated FLEX, ER on table →				
		Joint mobilization →				
		Scapular ret/dep Swiss ball	Add side lying reach & roll (NO ABD)	Add seated row →	Add side lying reach & roll with ABD	
		Isometrics FLEX, EXT, ER, IR	Add manual resistance	Add tubing	Add PRE's, PNF, prone exercises	
		Weight bearing in closed kinetic chain position →				
		UBE →				

**ANY QUESTIONS? PLEASE CONTACT:**

NORTHWOODS THERAPY ASSOCIATES

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