

# Rotator Cuff Repair Analysis – 2 Weeks Post-Op

## Watch

Watch the following videos of Alice (018) that show her status at 2 weeks post-op:

- Rotator Cuff Repair, 2 weeks post: Patient Interview, Part 1
- Rotator Cuff Repair, 2 weeks post: Patient Interview, Part 2
- Rotator Cuff Repair, 2 weeks post: Patient Interview, Part 3
- Rotator Cuff Repair, 2 weeks post: Home Exercise Program, Seated and Supine
- Rotator Cuff Repair, 2 weeks post: Home Exercise Program, Standing

## Answer

1. What four muscles make up the rotator cuff? What is the primary action of each muscle?

2. Which muscle(s) of the rotator cuff do you anticipate were injured and subsequently repaired, based on Alice's reports?

3. There are some mild lingering problems from the left shoulder surgery a few years ago. How might this influence your intervention planning for the right shoulder?

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4. Alice's early progress will depend, in part, on her engagement in the therapeutic exercise program.

a. What are the advantages of passive range of motion (PROM) for Alice?

b. What are the advantages of active assisted range of motion (AAROM) for Alice?

c. What are the advantages of active range of motion (AROM) for Alice?

5. How was her therapeutic exercise program affected by her decision to have carpal tunnel repair surgery at the same time as the shoulder surgery?

6. Which functional activities are affected by the shoulder surgery? Which functional activities are affected by carpal tunnel surgery?

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7. Alice is able to perform standing exercises safely in her home.
  - a. How would you adapt the post-op therapeutic exercises for a person with decreased balance?

- b. How would you adapt the post-op therapeutic exercises for a person with decreased cognition?