

Rotator Cuff Repair Movement Analysis

Movement Analysis

Estimate ROM of the joints during the exercises. Then, watch the video, pause, and use a goniometer (when possible) to measure the joint angles. Ensure correct goniometer placement since there are adaptations from the typical testing procedure in the stretches. Share how close your estimated measures are to the actual joint angles, and what influenced your accuracy.

	Shoulder	Shoulder	Elbow	Forearm	Wrist
Video & Time	Home Exercise Program Seated and Supine: 2:40	Home Exercise Program Standing 2:05	Home Exercise Program Standing 2:13-2:18	Home Exercise Program Standing 2:23-2:28	Home Exercise Program Standing 2:38-2:40
Movement	Shoulder Flexion (PROM and/or AAROM)	Shoulder External Rotation (PROM and/or AAROM)	Elbow Flexion and Extension (AROM)	Forearm Pronation and Supination (AROM)	Wrist Flexion and Extension
Prime Movers	Anterior Deltoid Pectoralis Major Coracobrachialis	Posterior Deltoid Infraspinatus Teres Minor	Flexion: Biceps Brachii Brachioradialis Brachialis Extensions: Triceps Brachii Anconeus	Pronation: Pronator Teres Pronator Quadratus Supination: Supinator	Flexion: Flexor Carpi Radialis Flexor Carpi Ulnaris Palmaris Longus Extension: Ext Carpi Radialis Brevis Ext Carpi Radialis Longus Extensor Carpi Ulnaris
Estimated Range	Approximately 70°	Approximately 10° to 15°	Approximately 110°	Full pronation (90°) Supination approximately 15°	Flexion approximately 45° Extension approximately 10°
Measured Range	70°	Unable to measure	Unable to measure	Unable to measure	Unable to measure