

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					
Prime Movers					
Estimated Range					
Measured Range					