

Milestone Assessment – 7 Month Cuff Repair

Name Timothy Young
 Surgeon Dr Andrew Saies
 Physiotherapist Sandeep Thakur
 Surgical Details Right shoulder arthroscopy + mini-open cuff, biceps tenodesis and acromioplasty 19/12/23
 Assessor Lucas Meline
 Date of Assessment 2/07/2024

Range of Motion Assessment

	Left Arm	Right Arm	Difference (deg)
Passive Shoulder Flexion (deg)	170	160	10
Passive Shoulder External Rotation (deg)	70	60	10

Strength Assessments

	Left Arm	Right Arm	Difference %
Shoulder Flexion at 0 deg (Nm)	124	86	36.2
Shoulder External Rotation at 0 deg (Nm)	130	93	33.2
Shoulder Internal Rotation at 0 deg (Nm)	149	134	10.6
Shoulder Flexion at 90 deg (Nm)	147	59	85.4
Shoulder External Rotation at 90 deg (Nm)	85	48	55.6
Shoulder Internal Rotation at 90 deg (Nm)	154	97	45.4

Athletic Assessments (Athletes Only)

	Left Arm	Right Arm	Difference %
Athletic Shoulder Test Peak Force - I	104	119	-13.5
Athletic Shoulder Test Peak Force - Y	99	81	20.0
Athletic Shoulder Test Peak Force - T	99	92	7.3
Total ASH Score - Peak Force	302	292	3.4
Athletic Shoulder Test RFD - I	118	138	-15.6
Athletic Shoulder Test RFD - Y	98	75	26.6
Athletic Shoulder Test RFD - T	153	107	35.4
Total ASH Score - RFD	369	320	14.2