

Milestone Assessment - Week 16 TSR or 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	18/04/2024

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)	110	72	41.8
Shoulder External Rotation at 0 deg (Nm)	96	72	28.6
Shoulder Internal Rotation at 0 deg (Nm)	135	109	21.3
Shoulder Flexion at 90 deg (Nm)	129	41	103.5
Shoulder External Rotation at 90 deg (Nm)	62	41	40.8
Shoulder Internal Rotation at 90 deg (Nm)	105	81	25.8

Athletic Assessments (Athletes Only)

	Left Arm	Right Arm	Difference %
Athletic Shoulder Test Peak Force - I	106	88	18.6
Athletic Shoulder Test Peak Force - Y	111	72	42.6
Athletic Shoulder Test Peak Force - T	96	71	29.9
Total ASH Score - Peak Force	313	231	30.1
Athletic Shoulder Test RFD - I	162	73	75.7
Athletic Shoulder Test RFD - Y	120	85	34.1
Athletic Shoulder Test RFD - T	148	65	77.9
Total ASH Score - RFD	430	223	63.4