



Mid-America Orthopedics

Dr. Pat Do

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Large RCR Repair with/without SAD

“Week 1-3: PROM, Week 3-8: AAROM/AROM, Week 8: Strengthening” on Script

PostOp First Visit

- PT removes bandages on POD #2, keep steri-strips intact.
- No ointments, betadine etc should be used on the portal incisions.
- If any drainage/oozing is present recover with 4x4's, and notify Dr. Do (may need antibiotics).
- **NO ice bags** on any oozing, or open wounds without being covered first with a bandage.
- If any wounds are oozing, delay range of motion until wounds are closed and healed.
- **NO water on wounds** for 1.5 weeks (including showers) even if covered, no submersion of wounds in water (baths) for 3 weeks.
- Patient's follow up with a mid-level provider at two weeks and Dr. Do at six weeks.

ROM:

- PROM with therapist as tolerated by the patient

Modalities:

- Ice, E-Stim as needed for pain and inflammation
- Home Program: Use ice every 2 hours for 20 minutes at a time.

First Three Weeks

PROM ONLY!!!

Modalities: PRN

Week 3-8

ROM:

- AAROM
- PROM and stretching with PT PRN

Exercise:

- AAROM exercise: Pulleys: Flex and ABD into restricted range (add IR and ER if tolerated)
- Ok to do ROM to the elbow, wrist and hand with arm supported.
- Add RTC stretches, door jam stretches, posterior capsule stretch, etc. as needed to regain full, pain-free ROM

Week 8 +

ROM:

- AROM, AAROM, PROM PRN to achieve full ROM.

Exercise

- Begin strengthening and progress as tolerated.
- Progress to Isometric Strengthening in all planes if progressing well with ROM and pain under control
- Begin and/or progress RTC strengthening as tolerated: Rockwood Ex., etc.
- Begin Scapular Stabilization Ex in prone or standing