



Mid-America Orthopedics

Dr. Pat Do

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Decompression Subacromial Joint (SAD) and Small Rotator Cuff Repair (RCR) Protocol

**May be identified as “ROM and Strengthening as tolerated” on Script*

PostOp - First Visit

- PT removes bandages on POD #2, keep steri-strips intact.
- No ointments, betadine etc should be used on the incisions or portals.
- 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 2 weeks.
- **NOTE:** In some instances, Dr. Do may choose to have the patient in a sling only without an abduction pillow for the first two weeks. For rotator cuff repairs, the patient's follow-up at two weeks postop and six weeks postop.

ROM:

- PROM/AAROM with therapist as tolerated by the patient

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.

Modalities:

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

Precautions:

- No sudden reaching in front or to side
- Starting weaning out of the sling.
 - Take out of sling as tolerated
 - Wear in public for first few days
 - Most out within 5-7 days.
- Ok to bathe: rinse lightly over incision. Do Not run water directly on it!

First Week

ROM:

- Continue stretching/mobilization by Therapist as needed.

Exercise:

- Add IR and ER Pulleys if not tolerated on first visit.
- Begin AAROM: Wand/Cane if tolerated
- Progress to Isometric Strengthening in all planes if progressing well with ROM and pain under control

Modalities:

- Continue PRN for pain and inflammation

Second Week

ROM:

- Continue PROM/AAROM with Therapist as needed
- Add RTC stretches, door jam stretches, posterior capsule stretch, etc. as needed to regain full, pain-free ROM

Exercise:

- Begin and/or progress RTC strengthening as tolerated: Rockwood Ex., etc.
- Begin Scapular Stabilization Ex in prone or standing

Third Week to Discharge

- Continue the above, progressing as the Pt. is ready.
- Work towards motion and strength WNL or equal to contra-lateral side.