



# Mid-America Orthopedics

**Dr. John Babb**

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## **LARGE ROTATOR CUFF REPAIR/ REVISION PROTOCOL (With or without SAD/Mumford)**

### **No PT for first 6 weeks**

- PT to remove bandages on POD #3, keep steri-strips intact until Dr Babb can remove them.
- No ointments, betadine etc should be used on the incisions or portals.
- If any drainage/oozing is present, cover with 4x4's, and notify Dr Babb (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 2 weeks (including showers) even if covered, no submersion of wounds in water (baths) until wounds are healed.
- **Immobilization: Remain in sling with pillow for 12 weeks.**

**\*\*DOCTOR: Recheck with MD at 2 weeks**

**\*\*DOCTOR: Recheck with MD at 6 weeks**

### **Weeks 6-12 (1-3 Visits/week)**

- **Immobilization: Continue with sling and pillow for 12 weeks.**
- **PROM only from weeks 6-12.**

### **12 weeks-4 Months (1-3 visits/week)**

- **Immobilization: Remove sling**
- **ROM:** Continue with PROM as needed
  - Progress AAROM at home for pulleys/canes, etc.
  - Begin gentle AROM in all planes
- **Strength:** Begin submaximal isometrics and scapular stabilization ex.
  - Progress into rockwoods as able
  - Begin total arm strengthening (TAS) when appropriate
  - Progress scapular stabilization exercises in open and closed chain as tolerated

- **Strength:** Continue to progress TAS increasing resistance as able
  - Progress into higher level strengthening tasks
  - Begin endurance activities
- **Throwing:** Can begin plyometric throwing and return to sport progression if strength goals met.

Progression within the time frames along with modality usage is left up to the discretion of the treating therapist. Please contact Dr. Babb if patient is struggling with PROM before their 12-week recheck appointment. If you have questions regarding this protocol, please contact (316) 630-9300.