



Mid-America Orthopedics

Dr. John Babb

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ROTATOR CUFF REPAIR PROTOCOL (With Biceps Tenodesis)

Day 1-20 (1-3 Visits/week)

- PT removes 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 recover 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 scars.
- **Immobilization: Remain in sling with pillow for 6 weeks.**
- **ROM:** PROM in all planes
 - Include joint mobilization for glenohumeral and scapulothoracic joints
 - **AVOID combined shoulder extension & IR for 6 weeks**
 - **NO behind the back extension for 6 weeks**
 - **NO ACTIVE BICEPS FLEXION for 6 weeks**

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

Day 21-41 (1-3 Visits/week)

- **Immobilization:** Continue with sling and pillow
- **ROM:** PROM in all planes-should be full by week 6
 - AVOID combined shoulder extension & IR for 6 weeks
 - NO behind the back extension for 6 weeks
 - NO ACTIVE BICEPS FLEXION for 6 weeks
 - Add in pulleys for ROM in clinic
 - May issue for home if patient is limited in ROM and has good understanding of passive nature of pulleys
- Begin manually resisted scapular ex including scapular clock and self scapular squeeze focusing on middle and lower trap

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

****Contact MD at week 4 if having problems.**

6-8 Weeks Post-op (1-3 Visits/week)

- Immobilization: Remove sling
- Strength: Begin submaximal isometrics and scapular stabilization ex.
 - Progress into rockwoods as able
- ROM: Continue with PROM as needed
 - Progress to AAROM at home for pulleys/canes, etc.
 - Begin gentle AROM of shoulder & elbow in all planes

8-12 Weeks Post-op (1-3 Visits/week)

- ROM: Continue with stretching and other treatments needed for full AROM
- Strength: Continue with rockwoods
 - Progress scapular stabilization ex in open and closed chain
 - Begin total arm strengthening

3-4 Months Post-op (1-2 Visits/week)

- Strength: Progress into higher level strengthening tasks
 - Begin endurance activities

4 Months Post-op (1-2 Visits/week)

- Strength: Continue to progress total arm strengthening, increasing resistance as able
- 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 6-week recheck appointment. If you have questions regarding this protocol, please contact (316) 630-9300.