

## PECTORALIS MAJOR TRANSFER FOR SCAPULAR WINGING

Name: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Frequency: 1 2 3 4 times / week      Duration: 1 2 3 4 5 6 Weeks

\_\_\_\_ Weeks 0-6:

- Patient to do Home Exercises given post-op (elbow ROM, wrist ROM, grip strengthening)
- Remove sling for home exercises and bathing only

\_\_\_\_ Week 6-8:

- SUPINE passive range of motion (PROM) only
  - Begin with goal of up to 90 PROM for forward elevation and external rotation of 30 degrees

\_\_\_\_ Weeks 8-10:

- Continue PROM only but may convert to the upright (sitting/standing) position
  - When performing upright PROM, scapula must be MANUALLY STABILIZED
- May progress to full PROM as tolerated in the upright position with manually stabilized scapula

\_\_\_\_ Week 10-12:

- Begin active ROM (AROM) in the supine position initially and then progress to sitting/standing AROM with scapular stabilization
- Goal of full glenohumeral AROM at 12 weeks

\_\_\_\_ Weeks 12+:

- When full AROM achieved, may begin strengthening exercised with focus on periscapular and rotator cuff muscles
- Begin therabands only and progress SLOWLY, with no more than 10-15 pounds resistance until 6 months post-operatively
- Advise caution with overhead lifting/activities

Signature \_\_\_\_\_

Date: \_\_\_\_\_