



Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

PECTORALIS MAJOR TRANSFER FOR SCAPULAR WINGING PT PROTOCOL

Name: _____ Date: _____

Diagnosis: _____

Date of Surgery _____

Frequency: 1 2 3 4 times/week

Duration: 1 2 3 4 5 6 Weeks

Weeks 0-3:

- Sling for 6 weeks
- Pendulum exercise, elbow and wrist range of motion, grip strengthening
- No resistance

Weeks 3-6:

- 90 FF / 20 ER at side, PROM Supine only with scapula stabilized

Weeks 6-12:

- 140 FF / 40 ER at side/ 80 ABD, advance as tolerated
- Isometrics can begin at 8 weeks

12 Weeks to 6 Months:

- Resisted weight training.

Comments:

___ Functional Capacity Evaluation ___ Work Hardening/Work Conditioning ___ Teach HEP

Modalities:

___ Electric Stimulation ___ Ultrasound ___ Iontophoresis ___ Phonophoresis

___ TENS ___ Heat before/after ___ Ice before/after ___ Trigger points massage

___ Therapist's discretion

___ Other _____

Signature: _____ Date: _____