



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 scapulas 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: _____