



# Brian Waterman, MD

SPORTS MEDICINE & ORTHOPEDICS

## SPLIT PECTORALIS TENDON TRANSFER FOR MEDIAL SCAPULAR WINGING PROTOCOL

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

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

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

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

### Weeks 0-2:

#### Aerobic

- Stationary bike x 30 mins (Arm in sling)
- Easy walking on level surface x 30 mins

#### Range of motion

- Pendulums
- Active wrist and elbow range of motion

#### Strength

- Wrist and grip only

#### Modalities

- Ice for 20 minutes, 3 times per day

#### Phase I Goals

- Pain control and repair protection

### Week 2-4:

#### Aerobic

- Stationary bike x 30 mins (Arm in sling)
- Easy walking on level surface x 30 mins

#### Range of motion

- Pendulums
- Active wrist and elbow range of motion

#### Strength

- Wrist and grip only

#### Modalities

- Ice for 20 minutes, 3 times per day

#### Phase I Goals

- Pain control and repair protection

### Week 4-6:

#### Aerobic

- Same as phase II

#### Range of motion

- Prom ff-160, abd-140, er-45( with arm at side)

#### Strength

- Start rotator cuff in scapula plane to include ir and er at low angles
- Deltoid isometrics
- Shoulder pinches/shoulder shrugs

#### Phase III Goals

- ROM as above

### Weeks 6-12:

#### Range of motion

- Discontinue Sling
- Active ROM FF-160, abduction 140, ER 45 (with arm at side)

#### Strength

- Start progressive resisted theraband exercises in various planes

#### Phase IV Goals

- Full active range of motion

**Weeks 12-16:**

Aerobic

- Light jogging after cleared by surgeon
- Continue stationary bike
- Versaclimber, Stairmaster, Running

Range of motion

- Progress to full range of motion

Strength

- Diagonal rotator cuff exercises
- External and internal rotation at 90 degrees with cable
- Push-up progression: (begin with standing wall pushups & progress to horizontal)

Phase V Goals

- Restore rotator cuff and deltoid strength

**Weeks 16+:**

Aerobic

- May start swimming

Strength

- Start throwing progression (short to long)
- Begin with lat pull downs and progress to pull-ups
- Initiate free weights & machine lifting

Phase VI Goals

- Ability to perform push-ups, pull-ups, swim.
- Return to contact/overhead sports when cleared by surgeon.

**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:** \_\_\_\_\_