

Rehabilitation Guidelines For Pectoralis Major Tendon Transfer For Medial Scapular Winging

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General Information

- Total Recovery time is between 4-6 months depending on factors such as pre-operative impairment and patient sport/activity/age.
- Adherence to rehab protocol guidelines and restrictions is critical in avoiding re-injury or failures.

Immobilization

- Sling should be worn for 6 weeks in uncontrolled environments (around dogs, kids, in crowds, etc.).
- Sling should be worn while sleeping for 4 weeks.
- Sling may be removed in controlled environments for light activity.
- Discontinue sling completely at 6 weeks.

Personal Hygiene / Showering

- Avoid getting incision/portal sites wet for 48 hours.
- Ok to begin showering 48 hours after surgery (if no wound related issues).
- Avoid baths, saunas, pools, lakes, etc. for two weeks.

Phase 1 (0-2wks):

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

Phase II (2-4 wks):

Aerobic

- Same as above progress to 45-60 mins

Range of motion

- Progress passive/active assist FF-90, scapular 90, abd-90
- Limit passive ER-30

Strength

- No strengthening

Phase II Goals

- Passive ROM to limits above

Phase III (4-6wks):

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

*Phase IV (6-12wks): ***discontinue ultra-sling******

Aerobic

Range of motion

- 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

Phase V (12-16wks):

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

Phase VI (>16 wks):

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/airborne operations/deployment when cleared by surgeon.