

Christopher M. Brusalis, MD
Phone: (516)-743-3036
Fax: (516)-743-3576
Email: DrBrusalisOffice@hss.edu
Website: www.BrusalisMD.com



Physical Therapy following Pectoralis Major Transfer

The following is a basic framework from which to work during rehabilitation following Pectoralis Major Transfer for Scapular Winging. Physical therapists may employ specific exercises at their discretion within these guidelines. We encourage patients and therapists to communicate with Dr. Brusalis and his staff with any questions.

Post-op - 3 wks:

PROTECTION PHASE

- Sling at all times
- Pendulum exercises
- Elbow and wrist range of motion exercises
- Grip strengthening
- No resistance or lifting activities

4 - 6 weeks:

EARLY RANGE OF MOTION PHASE

- Passive range of motion supine only, with scapula stabilized
 - PROM 0-90 FF, 0-45 ABD MAX, 20 ER at side
- Continue Elbow / wrist / hand ROM
- No resistance or lifting activities

7 – 12 weeks:

ADVANCED RANGE OF MOTION PHASE

- Progressive full AAROM > AROM
 - 140 FF / 40 ER at side / 80 abduction, advance as tolerated
- Isometric exercises can begin at week 9

12 wks to 6 months **STRENGTHENING PHASE**

- Resisted weight training