



## LOWER TRAPEZIUS TENDON TRANSFER PT PROTOCOL

### Weeks 0-1:

- Patient to do Home Exercises given post-op (elbow ROM, wrist ROM, grip strengthening)
- Patient to remain in abduction-external rotation sling at all times for 6 weeks except during exercise and washing

### Weeks 1-6:

- True PROM only! The rotator cuff tendon needs to heal back into the bone
- ROM goals: 90° FF/40° ER at side to 30°; ABD max 60-80° without rotation
- No resisted motions of shoulder until 12 weeks post-op
- Grip strengthening
- Scapular retraction, shoulder shrugs, sub-maximal pain-free deltoid isometrics
- No canes/pulleys until 6 weeks post-op, because these are active-assist exercises
- Heat before PT, ice after PT

### Weeks 6-12:

- Wean from abduction sling
- Begin AAROM - AROM as tolerated
- Goals: Same as above, but can increase as tolerated to full motion,
- Light passive stretching at end ranges
- Begin scapular exercises, PRE's for large muscle groups (pecs, lats)
- At 8 weeks, can begin strengthening/resisted motions
- Enhance strength to allow active motions and light activities of daily living
- Wall or table push-up plus
- Restore proprioception: light open chain proprioceptive and rhythmic stabilization exercises
- No forced shoulder internal rotation, adduction, or extension stretching

### Months 3-12:

- Advance to full ROM as tolerated with passive stretching at end ranges
- Advance strengthening as tolerated: isometrics > bands > light weights (1-5 lbs.); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
- Only do strengthening 3x/week to avoid rotator cuff tendonitis
- Begin eccentrically resisted motions, plyometrics ( ex. Weighted ball toss), proprioception ( e.g. body blade)
- Begin sports related rehabilitation at 4 ½ months, including advanced conditioning, if strength >75-85% of uninvolved side, sufficient AROM, and satisfactory exam by physician
- Return to throwing at 6 months
- Throw from pitcher's mound at 9 months
- Collision sports at 9 months
- MMI is usually at 12 months post-op