



## PECTORALIS MAJOR TRANSFER FOR SCAPULAR WINGING PT PROTOCOL

### **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 scapula 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.