



SPLIT PECTORALIS TENDON TRANSFER FOR MEDIAL SCAPULAR WINGING PROTOCOL

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.