

Pectoralis Major Transfer for Scapular Winging

Center for Athletic Medicine

Dr. Preston Wolin

~Please call 773-248-4150 with any and all questions or concerns~

- Immobilized in sling for 6 weeks except for PT and bathing
- Ok for pendulums, elbow, wrist, hand ROM with grip strengthening immediately
- PROM shoulder: to start at 2-3 weeks post op (per MD discretion)
 - Weeks 3-6 post op: PROM only in supine to stabilize scapula
 - Forward flexion: no greater than 90 deg
 - ER: to 20 deg at side
 - Weeks 6-12 Post op: PROM with advancement to AAROM and then AROM
 - Forward flexion to 140 deg – then advance as tolerated at 8 weeks
 - ER: to 40 deg at side- then advance as tolerated at 8 weeks
 - Abduction to 90 deg – then advance as tolerated at 8 weeks
- Strengthening:
 - Isometrics can begin at 8 weeks post op.
 - Begin with gentle periscapular strengthening at 8 weeks and advance to shoulder strengthening / resisted training at 12 weeks post op
- Work / sport:
 - No heavy labor or lifting until >6 months post op – must be cleared per MD!
 - No contact sports until 8-12 months – must be cleared per MD!