

Pec Major Transfer for Scapular Winging Physical Therapy Protocol/Prescription

Name: _____**Date:** _____**Diagnosis:** _____**Date of Surgery :** _____

- 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 4-8:**
 - 140 FF/ 40 ER at side/ 80 ABD, advance as tolerated
 - Isometrics can begin at 8 weeks

- 12 Weeks - 6 Months:**
 - Resisted weight training

Comments:**Frequency:** _____ **times per week****Duration:** _____ **weeks****Signature:** _____**Date:** _____