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## Pectoralis Major Transfer for Scapular Winging Protocol

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Diagnosis: \_\_\_\_\_

Date of Surgery: \_\_\_\_\_

Frequency: \_\_\_\_\_ times per week | Duration: \_\_\_\_\_ weeks

### Weeks 0-3:

- Sling for 6 weeks
- Pendulum exercise, elbow and wrist range of motion, grip strengthening
- No resistance

### Weeks 4-6:

- 90 FF/ 20 ER at side, PROM Supine only with scapulas stabilized

### Weeks 7-12:

- 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.

### Comments:

\_\_\_\_\_  
\_\_\_\_\_

### Additional:

\_\_\_ Functional Capacity Evaluation \_\_\_ Work Hardening/Work Conditioning \_\_\_ Teach HEP

### Modalities:

\_\_\_ Electric Stimulation \_\_\_ Ultrasound \_\_\_ Iontophoresis \_\_\_ Phonophoresis \_\_\_ TENS \_\_\_ Heat  
before/after

\_\_\_ Ice before/after \_\_\_ Trigger points massage \_\_\_ Other: \_\_\_\_\_

\_\_\_ Therapist's discretion

Signature: \_\_\_\_\_

Date: \_\_\_\_\_