



TriHealth

Orthopedic & Sports Institute

Pectoralis Transfer for Subscapularis Tear

Rehabilitation Program for Pectoralis Transfer

- Phase I- Early Mobility
- Phase II- AROM
- Phase III- Strength and Function
- Phase IV- Return to Normal Function

PHASE I Weeks 1-6

- Abduction sling worn during the day and night for 4-6 weeks, except for HEP
- Begin baby cradle pendulum exercises at week 1 and continued during week 2
- At the end of week 2, patient can begin Codman's in the normal manner (elbow straight and arm not supported and dangling passively with no muscular contraction)
- Neck ROM exercises
- Elbow, wrist, and hand ROM exercises
- Scapular exercises- shrugs, squeezes, and PNF
- Immediate PROM in supine for ER <30 degrees and IR to the chest
- No passive shoulder flexion/scaption or abduction secondary to pectoralis transfer for the first 4 weeks
- At 4-6 weeks, gentle passive ROM can be done for supine shoulder flexion and supine ER to greater than 30 degrees as long as there is no passive stretching performed and the therapist stops before tissue resistance
- Modalities for pain and swelling

PHASE II Week 6

- Wean from sling usually at 6 weeks and discontinue if physician allows
- AROM and scapular PRE's at 6 weeks
- Active shoulder ROM exercises in supine and progress to standing or sitting
- Once patient can perform active exercise of the non-involved motions without any complaint of pain, small weights can be added for resistance progressing in 1 lb. increments as long as these exercises are pain free. Do not add more than 5 lbs of resistance.
- Avoid doing any weights for active or resisted shoulder IR/horizontal adduction (pectoralis contraction)
- Continue passive ROM and scapular exercises

PHASE III Weeks 7-11

- Continue AROM, PROM, shoulder isometrics and scapular PRE's
- Sub-maximal isometric exercises of the deltoid and rotator cuff muscles can begin at 8 weeks post-op

PHASE IV Week 10-16

- Initiate isotonic exercises starting with the bands and progressing to weights
- Begin electrical stimulation/biofeedback at 12 weeks for neuromuscular re-education of the pectoralis muscle if it still has difficulty contracting
- Upper extremity PNF
- Concentrate on RTC and scapular strength
- Advanced progressive resistance exercises
- Progress to overhead exercises

