

Xinning Li, M.D.

Professor of Orthopaedic Surgery
Sports Medicine and Shoulder Surgery
Boston University School of Medicine – Boston Medical Center
Boston University Sports Medicine Fellowship – Director
Boston University Athletics – Team Physician



725 Albany Street – 4th Floor
Boston, MA 02118
(617) 638-5633 (Telephone – Shapiro Office)
(617) 358-3400 (Telephone – Ryan Center)
(617) 414-5226 (Fax)
www.tigerortho.com



Patient Name:

Date:

Date of surgery:

Visit per week:

PHYSICAL THERAPY PRESCRIPTION:

Open Pectoralis Major Tendon Transfer for Scapular Winging using Allograft Augmentation

Weeks 0 to 2: Post Operative Phase (HEP)

Sling Immobilizer: At all times except for showering and exercise

Exercises: NO shoulder ROM
AROM wrist/elbow
Scapular “pinches”
No Pendulums for the first 2 weeks after surgery

Weeks 3-8: Phase I (HEP) Start with physical therapist for your program at week 3

Sling Immobilizer: At all times except for showering and exercise up to week 4.
Start to wane out of your sling between week 4 to 6.

Exercises: **NO PAIN FOR ALL ROM EXERCISES BELOW.**
Supine ROM done to help stabilize the scapula from week 3 to 8 with PT.
Passive supine ER to neutral and extension to neutral
Passive supine FF in scapular plane to 100
AROM wrist/elbow
Scapular “pinches”
Pain free submaximal deltoid isometrics in neutral position

Weeks 8-11: Phase II

Sling Immobilizer: NO SLING after week 8. Try to get out of your sling by week 6.

Exercises: Passive & Active assisted FF in scapular plane – limit 140 (wand exercises, no pulleys)
Passive & Active assisted ER – no limits (go SLOW with ER)
Manual scapular side-lying stabilization exercises
IR/ER submaximal, pain free isometrics
Modalities as needed

Advancement Criteria: FF to 140
ER to 40
Minimal pain and inflammation

Weeks 11-15: Phase III

Exercises: AAROM for full FF and ER
AAROM for IR – no limits
IR/ER/FF isotonic strengthening (start when full range)
Scapular and latissimus strengthening
Humeral head stabilization exercises
Begin biceps strengthening
Progress IR/ER to 90/90 position if required
General upper extremity flexibility exercises

Advancement Criteria: Normal scapulohumeral rhythm
Full upper extremity ROM
Isotonic IR/ER strength 85% of uninvolved side
Minimal pain and inflammation

Weeks 15-18: Phase IV

Exercises: Continue full upper extremity strengthening program
Continue upper extremity flexibility exercises
Activity-specific plyometrics program
Begin sport or activity related program
Address trunk and lower extremity demands
Continue strengthening and stretching programs
Emphasize posterior capsule stretching

Discharge Criteria:

- ☐ Isokinetic IR/ER strength equal to uninvolved side Independent HEP
- ☐ Independent, pain-free sport or activity specific program
- ☐ Back to full activities around 6 months after surgery

Physician's Signature: _____

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