

Dr. Stephanie Muh Protocol		
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Pec Transfer for Scapular Winging		
Sling Use	<ul style="list-style-type: none"> • Sling 6 weeks 	
Phase I: (Passive)	Weeks 1-6 (done at home)	scapular isometric exercises with the arm at the side, as along with closed chain protraction and retraction exercises, pendulum exercises, and passive and active assisted forward elevation to 90°, abduction to 90°, and external rotation to 50°
Phase II: (active/assiss tive)	Week 6- 18	Active range of motion without limitations is initiated in all planes. At 8 weeks, gentle periscapular strengthening is initiated, which at 12 weeks is expanded to include all muscles about the shoulder. Patients are asked to refrain from lifting more than 25 lb, and to avoid contact sports or significant overhead activities until 6 to 8 months postoperatively
Notes	As with other muscle or tendon transfers, patients will require retraining of the transferred muscle tendon unit. During retraining, the patient is asked to adduct the flexed arm against resistance, which facilitates activation of the muscle transfer. Maintaining adduction and flexing the shoulder anterior to the scapular plane advances this activity	