

PHYSICAL THERAPY PROTOCOL LOWER TRAPEZIUS TENDON TRANSFER

** Only PROM for 6 weeks**

** No IR stretching or ER strengthening for 12 weeks**

WEEK 1:

- Pendulums
- ROM: elbow, wrist, and hand

WEEK 2:

- PROM advancing to 140° FE, 40° ER at side, 60° ABD by week 6
- Scapula mobilization/training; retraction and depression
- No canes or pulleys

WEEK 6:

- Wean out of sling
- PROM to achieve full motion – No IR stretching
- AAROM: elevation and ER to tolerance
- Continue scapula training

WEEK 8-10:

- Advance AAROM to full ROM
- AROM: scapular plane elevation to 90°, supine shoulder flexion to 90°, side-lying ER
- Isometric hold scapular plane elevation @30° (without resistance)

WEEK 12:

- Advance AROM to full ROM
- Gentle IR stretching if needed
- Begin ER isometrics
- Begin FE/ER/IR bands, body blade
- Add weights to program cautiously as appropriate
- Advance ER/IR strengthening

WEEK 16+:

- Sport and occupation conditioning