



Split-Pectoralis Major Transfer

Columbia University Shoulder, Elbow and Sports Medicine Service

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- Weeks 0-6
sling immobilization
- Weeks 2-4
gentle pendulum and isometric exercises
scapular isometric exercises with arm at side, closed chain
protraction & retraction exercises
PROM, AAROM: FE to 90 degrees, abduction to 90 degrees
ER to 50 degrees
- Weeks 4-8
PROM, AAROM, AROM: progress to full ROM
- Weeks 6-8
Progressive strengthening with both active and passive range
of motion of the shoulder girdle, no limitations with ROM
- Weeks 8-12
May begin gentle periscapular strengthening (at 8 weeks)
May expand to include all muscles about the shoulder (at 12
weeks)
- Weeks 12 and beyond
May return to non-contact athletic activities

*** No heavy lifting (greater than 20 pounds), contact sports
or significant overhead activities until 6 months post-op