REHABILITATION GUIDELINES FOR LOWER TRAPEZIUS TENDON TRANSFER

PHASE I (*0-6 WEEKS POST-OP*) DATES:

Appointments	MD appointment at *(2 weeks post-op)* Begin physical therapy *(1 visit for sling position and education 1-week post-op, then start formal therapy 2x week at 3 weeks post-op.)*
Rehabilitation Goals	• Minimize pain and inflammation • Protect repair • Restore pain free PROM
Precautions	• **Sling x 6 weeks, large pillow to be kept at the side of body** • **PROM restrictions: No PROM into IR/Adduction/Cross-body position, No forced forward flexion PROM** • **PROM starts at 3 weeks** • **NWB x 6 weeks operative arm**
Suggested Therapeutic Exercises	• Scapular strength keeping in mind ROM precautions • Sub-max pain free deltoid isometrics
Cardiovascular Exercises	• Walking and stationary bike ok in sling
Progression Criteria	• Minimal pain with PROM • PROM at least to 90 degrees elevation and ER to 30 degrees

PHASE II (*6-12 WEEKS POST-OP*) DATES:

Appointments	Continue physical therapy *(2x week)*
Rehabilitation Goals	• Restore functional AROM • Neuromuscular re-education of latissimus dorsi for depression/ER • Return to use of operative arm for light ADL's • Strength through AROM
Precautions	• **No forced IR/Adduction/Cross-Body stretching**

	• OK to begin **gentle** stretching in IR/Adduction/Cross body plane • **No shoulder strength exercises with resistance x 12 weeks** • **No lifting or carrying > 5 lbs. with operative arm**
Suggested Therapeutic Exercises	• Continue with PROM as tolerated to end ranges, no forceful stretching • AAROM progressing to AROM starting in supine/SLY then progressing to standing • Prone scapular strength • Joint mobilizations as needed • Rotator cuff strength isometrics submaximal • Wall or table push-ups • Light open chain proprioception and rhythmic stabilization ex's • ER isometrics with arm at the side • Scapular retraction with isometric ER • ER and IR to 45 deg passive rotation arm at side (Dowel)
Cardiovascular Exercises	• UBE arm bike with no resistance • Bike/Walking allowed now without sling
Progression Criteria	• Minimal pain with exercises • AROM in elevation to at least 90 degrees in standing with no deltoid hiking • Good recruitment of latissimus muscle with elevation

PHASE III (*12-18 WEEKS POST-OP*) DATES:

Appointments	Continue physical therapy *(1-2x week)*
Rehabilitation Goals	• Regain strength and shoulder stability • Maintain and gain full PROM/AROM • Re-establish shoulder proprioception
Precautions	• **No forced stretching all planes** • **No heavy lifting > 25 lbs.** • **No return to sports** • **No strength of shoulder with heavy weights > 10 lbs.**
Suggested Therapeutic Exercises	• Continue with joint mobilization • Initiate gentle end range stretching • Start resistance training starting in supine/side-lying then progress to standing • Initiate light closed chain weight bearing ex's • Continue with Deltoid strength, ER/IR, Biceps/Triceps • Continue with scapular strength • Initiate push-up plus SA strength in closed kinetic chain
Cardiovascular Exercises	• UBE arm bike now allowed with resistance

	• Bike/Walk/Return to running
Progression Criteria	• Good recruitment of latissimus with active ER/forward elevation • Adequate muscle performance of ER/IR • Proper proprioception awareness

PHASE IV (*18-24 WEEKS POST-OP*) DATES:

Appointments	Continue physical therapy (1x week weaning to HEP*)*
Rehabilitation Goals	• Shoulder endurance, strength, and power • Return to sport
Precautions	• **No forced stretch all planes** • **No heavy lifting with ADL's > 50 lbs** • **No strength of shoulder with heavy weights > 20 lbs.** • **No wide grip ex's, avoid cross-body activities, no combined IR/adduction** • **Minimize overhead activities, light ADL's overhead for home/work are acceptable.**
Suggested Therapeutic Exercises	• **Continue with resistance training** • **Progress push-up plus SA strength in closed kinetic chain**
Cardiovascular Exercises	• **UBE** • **Walking/Running/Hiking/Road Biking, Mountain biking only on dirt roads, no single track or downhill allowed**
Progression Criteria	• Strength > 75% -85% of uninvolved arm • Pass return to sport for UE

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