Split-Pectoralis Major Transfer

- **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