



## Duke Orthopaedics: Upper Extremity Division

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### Lower Trapezius Tendon Transfer Rehabilitation Protocol

	Range of Motion	Sling	Exercises
<b>Phase I</b> <b>0 – 8 weeks</b>	No shoulder ROM, in particular no internal rotation beyond neutral  No pendulums	<b>0 – 6 weeks:</b> remove only for dressing and hygiene, immobilized in maximal ER	Distal (elbow, wrist, hand) exercises only
<b>Phase II</b> <b>8 – 12 weeks</b>	Passive shoulder ER to tolerance  PROM into scapular plane elevation to 120°  Progress to AAROM, AROM with IR limit to 0°	None	Continue distal Phase I exercises  Start gentle active scapular mobility exercises, keep shoulder girdle muscles relaxed  Gentle strengthening of scapular stabilizers  Avoid resisted training and shoulder strengthening
<b>Phase III</b> <b>12 – 16 weeks</b>	Progress to full AROM, PROM without discomfort	None	Continue Phase II exercises  Begin rotator cuff and shoulder isometric strengthening  Return to most activities of daily living with 5-lb. lifting limit
<b>Phase IV</b> <b>16 – 24+ weeks</b>	Maintain full A/PROM	None	Continue Phase III exercises  Initiate isotonic strengthening with home rotator cuff strengthening program  Simulate work/recreational activities as shoulder strength improves  Continue strengthening scapular stabilizers with focus on proper scapulohumeral mechanics