Rehabilitation Protocol: Lower Trapezius Transfer

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☐ **Phase I (0-6 weeks): Protective Phase**

- Weight Bearing: Non-weight bearing.
- Bracing: Sling for 6 weeks during day and at night.
  - Elbow and hand ROM but no shoulder ROM.
- Range of motion: None.
- Therapeutic Exercise:
  - Cryotherapy (2 weeks)
  - Hand/wrist/elbow range of motion, grip strengthening.

☐ **Phase II (6-12 weeks): Active motion and Biofeedback / Training Transfer**

- Weight Bearing: Non-weight bearing.
- Discontinue Sling.
- Range of motion – Full active and active assisted ROM
- Therapeutic Exercises:
  - Can begin aquatic exercises if prescribed.
  - Begin with supine AROM and progress to standing.
  - Wall walking, table slides, cane exercises.
  - No Strengthening.
  - No excessive stretching or sudden movements.
  - ROM in all directions, focusing on active ER and biofeedback
  - Shoulder abduction wall walking
  - Shoulder flexion wall walking
  - Active external rotation of shoulder with arm in adduction. Repeat 12 reps x 4 times daily.
  - Active assisted external rotation with assisted wand. Repeat 12 reps x 4.
  - Active assisted abduction of the shoulder joint with bended elbow. Repeat 12 reps x 4.
  - Active abduction of shoulder with elbow bent to 30 degrees then slowly lower back down. Repeat 6 reps x 4.
    - Repeat with elbow extended 6 times x 4.
  - Forward flexion.
    - Side lying active forward flexion – elbow flexed 90 degrees. Flex the shoulder 0-30 deg. 12 times x 3.
    - Supine forward flexion lying on back. 6 times x 4.

- ☐ **Phase III(12-24): Continue to work on motion, transfer training, progressive strengthening.**
    - Weight Bearing: Begin Weight bearing exercises
    - Continue with obtaining active range of motion exercises
    - Return to ADLs
    - Therapeutic Exercises:
        - Advance strength training as tolerated
        - Closed chain scapular rehab and functional rotator cuff strengthening
        - Maximize scapular stabilization.
    - Therabands ER/IR, light free weights.
        - ER using 2 lbs or band.
            - Lying on your back 12 times x 3.
            - Standing 12 times x 3.
        - Forward Flexion using 2 lbs or bands
            - Flex operated shoulder to 120 degrees. Slowly lower down
            - Repeat 10 times x 4.
        - Abduction using 2 lbs or bands
            - Repeat 10 times x 4.
    - Periscapular stabilization and strengthening
        - Shoulder retraction – pull you shoulder blades down and together behind. Hold 10 seconds. Return to starting position. Repeat 3-5 times.
        - Can add bands – pull exercise bands back while bringing shoulder blades together. Keep elbows close to your side. Hold 10 seconds and repeat 3-5 times.