



**NEWTON-WELLESLEY
SPORTS MEDICINE**

Keep doing what you love



**MASSACHUSETTS
GENERAL HOSPITAL**

Sports Medicine

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REHABILITATION PROTOCOL: *LOWER TRAP TRANSFER*

PHASE 1: 0-6 WEEKS

- a. Custom external rotation brace with shoulder maintained in 30-40 abduction and 30-40 of external rotation
- b. Patient should sponge bathe, but not to take the immobilizer off, so as not to risk the tension in the graft.

PHASE 2: 6 to 10-12 WEEKS

- b. Progression from passive to active-assisted to active shoulder motion with an internal rotation limit to neutral (0)
- c. Active range of motion permitted for daily living activity including washing, dressing and driving.
- d. Start with a formal therapy program of stretching in all planes EXCEPT internal rotation.

PHASE 3: 10 WEEKS

- a. Begin IR stretching.
- b. Return to most activities of daily living.

PHASE 4: 16 WEEKS

- c. Begin strengthening with resistance bands
- d. Progress ROM as tolerated

PHASE 5: 20 WEEKS

- e. Begin strengthening with light weights

PHASE 6: 6 MONTHS

- f. Return to full unrestricted activities