Rehabilitation of Muscle/Tendon Transfers in the Shoulder

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Different MMTs around the Shoulder

• Pectoralis Major to Anterior Deltoid
• Pectoralis Major to Subscapularis/Anterior Cuff
• Latissimus Dorsi to Posteriorsuperior Cuff
RNOH Guidelines
Latissimus Dorsi Transfer to Posterosuperior Cuff

• What do we want to achieve with this transfer?
  – ER - to provide functional position
  – “Snuggling” – to provide stability to allow placing the hand in space above waist level
Post Operative Care Plan
Rehabilitation Phase One: Discharge to 8 weeks/12 weeks

• Education
  – expected outcomes
  – rehabilitation admission
  – specific support – Spica/Abduction Pillow

• Local Referral

• Safety Mobilising

• Exercises
Rehabilitation Phase Two
- Approx 8 Weeks to 9 Months
Main Principles of Rehabilitation

- Don’t stretch first!
- Don’t rush!
- Do reiterate the long-term outcome and motivate!
- Do re-educate the muscle to achieve it’s new role
Neuromuscular Control

- Proprioceptive Feedback and Facilitation
- Visual Feedback
- Biofeedback
- Functional Electrical Stimulation
- Repetition
Biofeedback with Surface Electromyography
Milestones to progress from Phase Two to Phase Three

- Isometric Holding at 30° ER – elbow supported on abduction pillow
- Eccentric Control from 30° ER to abduction pillow
- Weaned off Abduction Pillow
- Active use at Waist Level
Rehabilitation Phase Three
- Approx 9 Months+
(Dependent on Underlying Pathology And Rehab Requirements)

- Progressing Goals:
- ER “strength,” control and endurance – to achieve functional target
- Restore Passive/A-A ROM → Active ROM
- Cognitive → Automatic and Functional
Treatment

- Stretches (patient specific)
- Cuff Control/Anterior Deltoid Programme
- Progress from basic exercises to more complex functional exercises
- Address LD original function
- Address general Core Control/Postural Control/Kinetic Chain
Access to Rehabilitation Guidelines

www.rnoh.nhs.uk

• CLINICAL SERVICES
• JOINT RECONSTRUCTION
• SHOULDER AND UPPER LIMB

Any Questions?