



**P R E M I E R**  
**PHYSICAL THERAPY**

*Where it's all about you... all the time.*

**OFFICE** 904-996-6922    **FAX** 904-996-6923    **WWW.PPTJAX.COM**

**SOUTHSIDE** 3500 BEACHWOOD COURT, STE 203, JACKSONVILLE, FL 32224

**BEACHES** 1492 SOUTH THIRD STREET, JACKSONVILLE BEACH, FL 32250

**NORTHSIDE** 480 BUSCH DRIVE, JACKSONVILLE, FL 32218

## REHABILITATION FOLLOWING TRAM FLAP

### REHABILITATION CONSIDERATIONS

- Decreased shoulder ROM
- Abdominal/trunkal weakness
- Pain related to denervation
- Low back pain
- Lymphedema: breast, abdomen

### CONTRAINDICATIONS

ACTIVITY	0-3 WEEKS	3-5 WEEKS	6+WEEKS
Lift > 5#	X		
Trunk rotation	X	X	
Prone lying	X	X	
Driving	X	X	X
Forceful Abs	X	X	X

### BREAST CANCER REHAB: TRAM

#### 0-3 WEEKS

- Manual lymphatic drainage as needed

#### 3-5 WEEKS

- Scar mobilization
- Gentle myofascial release (MFR)
- Manual stretching of UE (drains out)

#### 8 WEEKS

- Scar friction massage
- MFR as tolerated (lateral chest wall and abdomen)
- Manual stretching of UE (drains out)



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## REHABILITATION FOLLOWING TRAM FLAP CONTINUED

### BREAST CANCER REHAB: TRAM

	4 WEEKS POST-OP	6 WEEKS	10 WEEKS
Upper extremity/cervical	Shoulder ROM Cervical flexibility	Pectoral Stretching Low-level resistance for for mid & lower level trapezius	Low-level RTC resistance
Trunk flexibility & posture	Standing upright/lying flat Scapular retractions Chin tucks	Prone lying Prone on elbows Prone press-ups	Prone hip quad stretch
Trunk stability & strength	Diaphragmatic breathing  Pelvic Tilts Bridging with recruitment Supervised LTP	Prone leg lifts  Advances to pelvic tilts Basic physioball exercises	Quadroped core stabilization exercises Reverse sit-ups Bridging with LE extension