

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)

	4 weeks post-op	6 weeks	10 weeks
Upper extremity/cervical	Shoulder ROM Cervical flexibility	Pectoral Stretching Low-level resistance 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	Quadruped core stabilization exercises Reverse sit-ups Bridging with LE extension