

Physical Therapy Prescription

Pectoralis Major Repair REHABILITATION PROTOCOL			
TIME PERIOD	RANGE OF MOTION	SLING	EXERCISES
0-2 weeks	Passive and active assist ROM - Flexion to 90 External Rotation to 15	Wear at all times except for exercises and hygiene.	Pendulums, Wrist, elbow, and hand ROM. Grip exercises.
3-4 weeks	Passive and active assist ROM - Flexion to 100 External Rotation to 30	Wear at all times except for exercises and hygiene	Scapular Retraction exercises
5-6 weeks	Active and Passive ROM to tolerance	None	Begin Light Isometric pectoralis strengthening, no max efforts
7-8 weeks	Re-establish full ROM	None	Isotonic Strengthening for all shoulder muscles.
9 weeks to 3 months	Increase to full motion in all planes as tolerated	None	Light biceps isotonic strengthening
4-6 months	Full painless ROM	None	Progress isotonic strengthening. Gradual progression of strengthening activities over the course of 6-8 weeks
6+ months	Full ROM	None	Gradual Return to Sport Activities

*****Begin physical therapy 1 week after surgery**

<p>Dane Todd, MD Questions please call: # 402-488-3322 Fax: 402-488-3336</p> <p>Patient Name: _____ Surgery Date: _____</p> <p>Diagnosis: status post Pectoralis Major Tendon Repair Side (Circled): Right Left</p> <p>Physical therapy to evaluate and treat for post op Pectoralis Major Tendon Repair using the above protocol. 1-2x per week for 12 weeks</p> <p>Notes: _____</p> <p>MD signature: _____</p>
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