

Pectoralis Major Repair

PHYSIOTHERAPY PRESCRIPTION:

- 0-4 Weeks: Sling Immobilization
Active ROM Elbow, Wrist and Hand
Passive ROM Shoulder Pendulums,
Supine Elevation in Scapular plane = 0-90 degrees
Limit ER to 0 degrees
Scapular Stabilization exercises (sidelying)
Deltoid isometrics in neutral (submaximal) as ROM improves
- 4-8 Weeks: Discontinue Sling
Advance to Active Assisted ROM Shoulder and then Active ROM
Elevation in scapular plane = 160 degrees (pulleys as ROM improves)
External Rotation = 30-60 degrees
Physioball Scapular Stabilization (below horizontal)
Isometric exercises
Progress deltoid isometrics
ER (submaximal) at neutral
NO resisted IR until 3 mos
Isotonic exercises Elbow, Scapula
- 8-12 Weeks: Active ROM Shoulder
Begin external rotation as tolerated
Deltoid isometrics @ 30 degrees elevation
Upper Body Ergometer
- 10-14 Weeks: Progressive Strengthening
- 14 Weeks: Sports-Specific Strengthening and Plyometrics