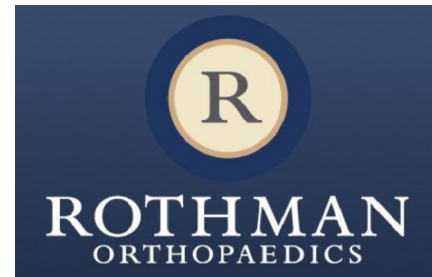


Brandon J. Erickson, MD
Mackenzie Lindeman, ATC
176 3rd Ave New York, NY
658 White Plains Rd Tarrytown, NY
450 Mamaroneck Rd Harrison, NY
Phone: 914-580-9624
Brandon.erickson@rothmanortho.com
Mackenzie.lindeman@rothmanortho.com
<https://rothmanortho.com/physicians/brandon-j-erickson-md>



PECTORALIS MAJOR REPAIR PHYSICAL THERAPY PROTOCOL

Name _____ Date _____

Diagnosis s/p RIGHT/LEFT Pectoralis Major Repair

Date of Surgery _____ Frequency: _____ times/week Duration: _____ Weeks
_____ Weeks 0-1:

Patient to do Home Exercises given post-op (pendulums, elbow ROM, wrist ROM, grip strengthening)
Patient to remain in shoulder immobilizer for 6 weeks

_____ Weeks 1-6:

True PROM only! The tendon needs to heal back into the bone.
ROM goals: 90° FF, 30° ER at side; 20° extension, 45° abduction
Avoid stretch of anterior capsule; Codman's and posterior capsular mobilization
No resisted motions of shoulder until 12 weeks post-op
Grip strengthening, Heat before PT, ice after PT
No canes/pulleys until 6 weeks post-op, because these are active-assist exercises

_____ Weeks 6-12:

Begin AAROM (AROM as tolerated)
Goals: Same as above, but can increase as tolerated
Light passive stretching at end ranges
Begin scapular exercises, PRE's for large muscle groups (pecs, lats, etc.)
No resisted IR or Adduction; Isometrics with arm at side beginning at 8 weeks

_____ Months 3-4:

Advance to full ROM as tolerated with passive stretching at end ranges
Advance strengthening as tolerated: isometrics (bands (light weights (1-5 lbs); 8-12 reps/2-3 sets per rotator cuff, deltoid, and scapular stabilizers
Only do strengthening 3x/week to avoid rotator cuff tendonitis
Begin eccentrically resisted motions, plyo (ex. Weighted ball toss), proprioception (es. body blade)
Emphasize external rotation and latissimus eccentrics
Glenohumeral stabilization; plank/push-ups @ 16 wks
Begin muscle endurance activities (upper body ergometer) Cycling/running okay at 12 weeks

_____ Months 5-12:

Aggressive scapular stabilization and eccentric strengthening
Begin plyometric and throwing/racquet program
Continue with endurance activities
Maintain ROM and flexibility
Return to full competition 9-12 months

____ Functional Capacity Evaluation ____ Work Hardening/Work Conditioning ____ Teach HEP

____ Electric Stimulation ____ Ultrasound ____ Iontophoresis ____ Phonophoresis ____ Heat before ____ Ice after
____ Trigger points massage ____ TENS ____ Therapist's discretion

Signature _____ Date _____