

Physical Therapy Prescription for:

label

Eval & Treat: 2x/week x 12 weeks**Diagnosis:** Pectoralis Major Rupture**Procedure:** Pectoralis Major Repair**Date of Surgery:******Precautions:** no lifting, no shoulder ABduction, FE or ER
No supporting of body weight with hands, no pulling on pants/socks, etc.**Protocol:****PHASE I (days 1-14)**

- Sling
- Pendulum exercises 4x per day (flexion, circles)
- Elbow/wrist/finger motion
- Cryotherapy/ice for pain/inflammation
- Sleep in sling

PHASE II (weeks 3-6)

- Continue sling through week 4, pendulum exercises, cryotherapy/ice
- Begin PT
- PROM: FE to 130 degrees with arm in aDDuction

PHASE III (weeks 7-12)

- Continue PROM
- Begin AAROM (pulleys, etc.)
- May begin gentle AROM
- Begin working on scapulo-humeral rhythm, peri-scapular strengthening
- NO PUSH-UPS
- May use arm for light ADL's

- Isometric exercises (NO shoulder ADDuction, IR)

PHASE IV (weeks 13-23) Advanced strengthening

- Continue ROM and stretching to maintain full ROM
- May begin pectoralis major strengthening
 - Single arm pulleys and bands, horizontal adduction, IR, FE, shoulder ADDuction)
- May begin rotator cuff strengthening
- Continue peri-scapular strengthening
- May begin push-ups AGAINST WALL

PHASE V (weeks 24 and beyond)

- Gradual return to strenuous work activities and recreational sports activities
- Continue stretching
- Begin FLOOR push-ups
- Dumbbell bench presses with light weight and high repetition