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Physical Therapy Prescription-Pectoralis Major Repair

Name: _____ Date: _____

Diagnosis: R/L pectoralis major repair DOS: _____

Weeks 0-2 Protective Phase

Sling: must wear sling at all times, except hygiene

Range of Motion: *No ROM shoulder*

- Elbow and grip as tolerated

Weeks 2-6 Therapy Phase I

Sling: continue at all times, except hygiene and exercises

Range of Motion: Shoulder PROM only, elbow & grip as tolerated

Exercise:

- Avoid shoulder extension
- Supine PROM FF 90, ER 30
- Rotator and deltoid cuff isometrics

Modalities: per therapist

Weeks 6-12 Therapy Phase II

Sling: Discontinue sling

Range of Motion: Progress to full PROM, AAROM as tolerated

Exercise:

- Supine PROM to full FF, ER. Then begin AAROM
- Progress rotator cuff and scapular strengthening as tolerated. Start supine/gravity eliminated. Progress to upright by 12 weeks.
- **Avoid resisted IR until 12 weeks**

Modalities: per therapist

Weeks 12-26 Therapy Phase III

Range of Motion: Progress to full ROM

Exercise:

- Progress strengthening of deltoid, cuff, scapula
- 16 weeks, half bench press (arms parallel to floor, to bolster or folded towel on chest). Low weight, high reps until pain-free, then gradually add weights.

Modalities: per therapist

Consider return to sport at 24 weeks pending surgeon approval