



Physical/Occupational Therapy Prescription

Name:

Date of Birth:

Diagnosis: Pectoralis Major Tendon Tear

Code: S29.011

Procedure: Pectoralis Major Tendon Repair

Surgery Date:

Instructions: PT TO BEGIN AFTER _____

Range of motion:

- For the first two weeks post-operatively: Sling at all times. No range of motion.
- At two weeks post-operatively: Begin Codmans Exercises. Focus on elbow and hand range of motion.
- At 6 weeks: Begin active-assisted motion, progressing towards active range of motion.
- Add stretching at end ranges to regain full rotation, but avoid positions of impingement.
- No abduction or no external rotation until six weeks
- Please instruct patient and family in a home exercise program.
- Goal passive range of motion by six weeks: 140° elevation
- Goal passive range of motion by twelve weeks: 60° external rotation.

Strengthening:

- No strengthening prior to 6 weeks post-operatively, 3-5 pound weight lifting restriction.
- Then begin strengthening of rotator cuff, scapular stabilizers, and deltoid progressing slowly from isometrics (6 weeks) to bands and light resistive strengthening (9 weeks) to weights and heavy resistive strengthening (12 weeks)
- Once strength is progressing, also add a focus upon scapular mechanics and proprioception.
- At 4.5 months post-operatively, progress towards occupation and sport-specific exercises, planning to return to contact sports at 6 months

Limitations:

Day of surgery to 6 weeks: remain in sling, no use of arm, no work, no driving

Months 1.5-3: 10 lb limit

>3 months: No restrictions, resume full activities

>5 months: Return to sport, om to begin push ups and bench press

Modalities: Heat before and ice after therapy. Other modalities at therapist's discretion.

Frequency: 2-3 times/week

Duration: 6 weeks starting at 2 weeks postoperatively

Signature:

Date:

