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Physical Therapy Rehabilitation following Pectoralis Major Tendon Repair

The following is a framework from which to work during rehabilitation following pectoralis major tendon repair. We encourage patients and therapists to communicate with Dr. Brusalis and his staff with any questions.

Weeks 0-2	Sling at all times. Keep incision dry. May begin active/passive elbow/wrist/hand ROM
Weeks 2-6	Continue sling. Continue elbow/wrist/hand ROM Shoulder passive ROM only: Keep arm in front of axillary line. (no shoulder extension) Supine FF to 90°. ER to 30° Begin Cuff Isometrics.
Weeks 6-12	May D/C sling. Begin Active/Active Assist shoulder motion. Restore Full passive shoulder ROM (No Limits). Cuff/Scapular stabilizer strengthening.
Week 12- 6 Months	No immobilization. Progress with strengthening. Allow light bench press. May resume full strengthening activities at 6 months

Modalities

Heat before therapy, cryotherapy afterwards. Remaining modalities as per treating therapist.

Frequency: 2-3 times/week

Duration: 6 weeks