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## Physical Therapy Prescription Pectoralis Major Repair

**Patient Name:** \_\_\_\_\_ **Today's Date:** \_\_\_\_\_ **Surgery Date:** \_\_\_\_\_

**Dx: ( LEFT / RIGHT ) Pectoralis Major tear**

- Range of Motion Active / Active-Assisted / Passive
- Avoid AROM x 6 weeks - All PROM should performed supine in scapular plane
- Limit External Rotation:    0° for 4 weeks  
     30 ° for weeks # 5-6  
     Progress beyond 30 ° after week # 6
- No Active Internal Rotation for first 6 weeks
- Limit Scapular Plane Elevation to 45 deg for first 4 weeks , then progress
- Posterior Capsule Stretching after warm-up
- Rotator Cuff and Deltoid Isometrics
- Rotator Cuff and Deltoid Cuff and Scapular Stabilization program exercises  
           Begin below Horizontal  
           Begin with Isometrics for Rotator Cuff  
           Progress to Theraband, then to Isotonics
- Progress to Deltoid, Lats, Triceps and Biceps. Progress Scapular Stabilizers to Isotonics below Horizontal
- Return to Sport Phase:  
           Emphasize Eccentric Rotator Cuff and Scapular Stabilization exercises  
           Sport-specific Strengthening exercises  
           Sport-specific Strengthening with Theraband  
           Plyometric program for Overhead Athletes
- Modalities PRN    Ultrasound / Phonophoresis / E-stim / Moist Heat / Ice

**Frequency & Duration:** (circle one) 1-2    2-3 x/week for \_\_\_\_\_ weeks    Home Program

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_ **M.D.**