

PHYSICAL THERAPY PRESCRIPTION

JOEL WEBER, MD

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE

EVERGREEN HEALTH

360.794.3300 APPT

360.794.6610 FAX



PATIENT STICKER

Diagnosis: (LEFT / RIGHT) PECTORALIS MAJOR REPAIR

DATE: _____

DATE OF SURGERY: _____

PEC MAJOR REPAIR POSTOP PHYSICAL THERAPY PRESCRIPTION

Pre-operative guidelines

1. AROM scapula, GHJ, Elbow, Wrist & Hand
2. Decrease edema & Pain
3. Pt education on post-op protocol

Phase 1 (Post-op Weeks 0-4)

1. No PROM, No Running
2. Shoulder Immobilizer at all times (except during PT)
3. Grip strengthening/ball squeezes
4. Elbow and Wrist AROM – shoulder in neutral @ side (IR/ADD)
5. Stationary bike with immobilizer on – NO WB on involved UE
6. Week 3, may begin bicep curls & Tricep press (arm @ side) with light weights

Goals: Pain control, full elbow ROM, full Wrist/Hand AROM

Phase 2 (Post-op weeks 5-6)

1. No PROM, No running
2. Continue Shoulder Immobilizer (except during PT)
3. Shoulder shrugs, protraction/retraction, scapular mobilization
4. Supine AAROM to 90 degrees
5. Gentle Isometrics
6. Continue stationary bike

Goals: Supine AAROM – 90 degrees, no increase in pain or edema

Phase 3 (Post-op weeks 7-8)

1. No PROM, No Running
2. D/C Immobilizer
3. Continue previous ex program
4. AAROM flexion >90
5. AROM/AAROM in ER & ABD to tolerance
6. Sub-Max Isometrics

PHYSICAL THERAPY PRESCRIPTION

7. AlterG Progression beginning @ 50%

Goals: Flexion – 120, ABD – 90, Active ER as tolerated

Phase 4 (Post-op weeks 9-12)

1. NO PROM, NO Running
2. Continue previous program
3. AROM, AAROM through full range
4. Wall push-ups with plus (non-ballistic)
5. Body blade – begin bilateral UE and progress to unilateral
6. Ball Toss – 1-2# arm @ side (flips), chest pass
7. Elliptical trainer

Goals: Gradual progression to full AROM by 12 weeks, 50 wall push-ups

Phase 4 (3-4 months)

1. Previous exercise program
2. PROM as needed to regain full motion
3. Gentle Pectoralis stretching
4. T-band IR/ER; bicep & Tricep resistance training as tolerated
5. Upper body workouts VERY LIGHT resistance
 - a. No elbow flexion >90 on bench, military. NO DIPS
 - b. No flies
 - c. Shrugs, RC exercises
6. UBE low resistance
7. Table Push-ups
8. UE closed chain proprioception exercises
 - a. Fitter
 - b. BAPS
 - c. PNF
9. Ball toss – advance as tolerated
10. Running program over ground

Goals: Full shoulder AROM with normalized scapulothoracic and GHJ rhythm, 50 table push-ups

Phase 5 (5-6 months)

1. Continue appropriate previous exercises
2. Knee push-ups: progress to regular (no elbow flexion>90 till after 6 months)
3. Progress UE workouts to heavier resistance
4. Begin UE Plyometric progression/sport-specific drills/throwing program
5. Continue ROM limitations for Bench, pull-ups, military press

Goals:

1. >30 regular push-ups
2. Normal Pectoralis Major Strength
3. Normal, Full AROM

No Contact Sports until 6 months post-surgery.

Treatment: _____ times per week _____ Home Program

Duration: _____ weeks **Re-evaluate at 12 weeks**

Physician's Signature: _____

Joel Weber, MD, Orthopaedic Surgeon