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PATIENT NAME:

PROCEDURE:

DATE OF SURGERY:

PHYSICAL THERAPY ORDER – Pectoralis Major Tendon Repair

Sling for 6 weeks then wean out.

PHASE I

Weeks 0-4

WB status: NWB upper extremity

Motion: Focus on elbow/wrist/hand motion; pendulum exercises

Begin active scapular retraction/protraction exercises with therapist cueing

Use modalities to decrease pain and inflammation

PHASE II

Weeks 4-6

WB status: NWB upper extremity

Motion: AAROM in supine position; forward elevation to 90 degrees; IR in scapular plane and progress as tolerated

Start recumbent bike

PHASE III

Weeks 6-12

WB status: up to 5 lbs

Motion: full active assisted ROM, begin active range of motion and progress as tolerated; PROM in all planes as tolerated

PHASE IV

Weeks 12-16

WB status: WBAT (no significant lifting)

Motion: Allow full passive, active-assisted, and active ROM

Strength: Initiate resistive exercises for scapular stabilizers, biceps, triceps, and rotator cuff; okay to jog and stationary upright bike

PHASE V

4-6 months

WB status: full

Motion: full

Exercises: Advance Phase IV exercises and add plyometric exercises and endurance activities

Gradual buildup of strength with weight lifting and at 6 months ok to lift heavy and return to sports