**Pectoralis Major Repair**

Patient and Physiotherapist information

**Procedure details:** The repair of the Pectoralis Major tendon is aimed to restore strength and function and improve the cosmesis. Pectoralis Major tendon tears often occur in people between their 20-40’s doing strenuous exercise, such as bench press.

**Goals of treatment:** The aim of the treatment is restore normal anatomy and allow return to function. This large muscle has two heads or origins and a short tendon that folds on itself to insert on the lateral aspect of the bicipital groove over the anterior humerus. The goal is to restore the tendon to it’s long anatomic footprint and allow healing to achieve function. The goal is to allow the healing whilst performing guided physiotherapy to prevent stiffness or tendon healing failure.

**Rehabilitation phases:**

This can be used with Dr Drynan’s Shoulder rehabilitation document and videos, accessed via [www.drdaviddrynan.com.au](http://www.drdaviddrynan.com.au) or Youtube – Dr Drynan Orthopaedics or Link:

**Phase**

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| **Phase** | **Time (Weeks)** | **Restrictions** | **Exercises** |
| 1 | 0-2 | Sling use when not in shower or exercises  Avoid flexing pec | Scapular positioning, hand, wrist, elbow range of motion.  Grip strengthening |
| 2 | 2-6 | Sling use, even for sleep.  Off for shower, but leave arm by the side.  Avoid flexing pec. | Scapular, hand, wrist, and elbow ROM  Active and passive ROM, flex to 40 deg in internal rotation, abduct to 30, in internal rotation, ER to 10 deg in adduction. Gradually obtaining this range over weeks 2-4. Increase to flexion of 60, abduction of 50 and ER 10deg by 6 weeks |
| 3 | 6-12 | No sling, but no resistance yet. | Full Active ROM – active assisted if required  Passive stretches and end range ROM – slowly increase ER stretches as pain allows. Gradual movement to Abduction and external rotation 9-10 weeks. |
| 4 | 3-6 months | No gym until 6 months.  No chest flys until 7-8 months. | Aim for full active range of motion by 3 months.  Gradual increase strengthening and resistance – wall push ups, with graduating to standard push ups by 4 ½ months post op or bar only bench press by 4 ½ months. Start with bar only, gradual increase by 10% weights lifted per week until full strength. Not attempting maximum until 9 months post. |