

Dr. Mark McCarthy

Chippewa Valley Orthopedics & Sports Medicine
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Patient _____
 D.O.S. _____

Pec Major Tendon Repair

	0-3 WEEKS Begins on DOS	3-6 WEEKS	6-12 WEEKS	12-16 WEEKS	WEEK 16+	
FLEXION	NONE	PROM to 90	Begin AAROM and AROM, progress as tolerated			
ABDUCTION	NONE	PROM to 45	Begin AAROM and AROM, progress as tolerated			
EXTENSION	NONE	PROM to 20	Begin AAROM and AROM, progress as tolerated			
ER	NONE	PROM to 45	Begin AAROM and AROM, progress as tolerated			
IR	NONE	PROM	Begin AAROM and AROM, progress as tolerated			
IMMOB/SLING	All times 0-2 weeks	Worn daytime only	WEAN	D/C		
P.T. visits/week	0	2-3	2-3	1-3	1-3	
EXERCISES	AROM (cervical, elbow, wrist, hand)					
	Passive Pendulums	Posterior capsule joint mobilizations				
Any questions, please contact : Northwoods Therapy Associates Altoona, WI (715) 839-9266 Chippewa Falls, WI (715) 723-5060 May 2020	<ul style="list-style-type: none"> PT visits/week may vary Individual exercise progression may vary Return to sport/work by MD only. 	Scapular retraction/Depression	Initiate closed chain scapula, begin resistive exercises for scapular stabilizers			
		Deltoid/rotator cuff isometrics @ 8 weeks, progress to deltoid/cuff resistive exercises				
		UBE			Emphasize ER and latissimus eccentrics, glenohumoral stabilization. Begin muscle endurance activities Cycling/Running ok @ 12 weeks Aggressive scapular stabilization and eccentric strengthening Begin plyometrics	
		<ul style="list-style-type: none"> Protect the anterior capsule with resistive exercises Keep strength exercises below horizontal plane 				
		(No resisted IR/Adduction)				