Pec Major Repair

HOWARD HEAD SPORTS MEDICINE
A service of Vail Health Hospital

THE STEADMAN CLINIC AND STEADMAN PHILIPPON RESEARCH INSTITUTE

Name: _____ DOB: _____

Dr: Godin DOS: _____

Passive ROM RESTRICTIONS

FE: FROM

ER: 0-30 x 4 wk

IR: full

ABD: 0-90 x 4 wk

Begin full AROM

6 weeks

Sling

6 weeks

ROM & Muscle Initiation	**1**	**2**	**3**	**4**	**5**	**6-7+**	**8-12+**	**13-18+**	**19-24+**	**25+**
Scapular retraction - depression										
Cervical, elbow, wrist & hand ROM										
Pendulums										
Passive ROM: A) Ext rotation & internal rotation to belt B) Forward elevation & scaption C) Abduction										
Active assist ROM: A) External & internal rotation B) Forward elevation & scaption										
Isometrics A) External & internal rotation B) Biceps & triceps										
Active ROM A) Sidelying external rotation B) Forward elevation & scaption C) Salutes (lawn chair progression) D) Prone extension & horizontal abd G) Open chain proprioception										
Low load prolonged stretches: A) Towel internal rotation B) Cross arm C) Sleeper D) 90/90 external rotation										
Progress to Endurance: 6+ wks & PROM FE 120, Abd 90, Ext Rot 30, Q DASH <60%,										
Muscular Endurance 3 x 15, 45s rest							**8-12+**			
External & internal rotation										
Punches with a plus										
Sport cord rows										
Prone lower trap										
Bicep curls / tricep extension										
Closed chain stability										
Progress to Strength: 12+ wks & AROM FE 120, Abd 120, Ext Rot 45, Q DASH <45%										
Muscular Strength 3 x 10 120s rest								**13-18+**		
External rotation at 45° & 90°										
Bear hugs										
Statue of liberty										
Push up plus progression										
Progress to Power: 18+ wk + *strength >80% contralateral: Full can, Abd, Belly press, ER@0, IR@0, QDASH <20%,*										
Muscular Power 3 x 6, 180s rest									**19-24+**	
Advanced closed chain stability										
PNF with resistance										

Decelerations & Plyometric ext rotation										
Progress to High Level: 24+ wks + strength >90% contralateral side (motions as above), CKCUEST >21 / 15s										
High Level Activities									**19-24+**	**25 +**
Skiing										
Overhead & serving sports										
Throwing progression										

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