



**Xinning Li, M.D.**



EXCEPTIONAL CARE. WITHOUT EXCEPTION.

**Assistant Professor  
Sports Medicine and Shoulder Surgery  
Boston University School of Medicine – Boston Medical Center  
Boston University Athletics – Team Physician  
725 Albany Street – 4<sup>th</sup> Floor  
Boston, MA 02118  
(617) 638-5633 (Telephone – Shapiro Office)  
(617) 638-3400 (Telephone – Ryan Center)  
(617) 414-5226 (Fax)**

**PECTORALIS MAJOR OPEN REPAIR - PHYSICAL THERAPY PRESCRIPTION**

**Patient Name:**

**Date:**

**Dx:**

- Range of Motion Active / Active-Assisted / Passive
- Avoid AROM x 6 weeks - All PROM should performed supine in scapular plane
- Limit External Rotation:      0° for 4 weeks  
   30 ° for weeks # 5-6  
   Progress beyond 30 ° after week # 6
- No Active Internal Rotation for first 6 weeks
- Limit Scapular Plane Elevation to 45 deg for first 4 weeks , then progress
- Posterior Capsule Stretching after warm-up
- Rotator Cuff and Deltoid Isometrics
- Rotator Cuff and Deltoid Cuff and Scapular Stabilization program exercises  
    Begin below Horizontal  
    Begin with Isometrics for Rotator Cuff  
    Progress to Theraband, then to Isotonics
- Progress to Deltoid, Lats, Triceps and Biceps. Progress Scapular Stabilizers to Isotonics below Horizontal
- Return to Sport Phase:  
    Emphasize Eccentric Rotator Cuff and Scapular Stabilization exercises  
    Sport-specific Strengthening exercises  
    Sport-specific Strengthening with Theraband  
    Plyometric program for Overhead Athletes
- Modalities PRN    Ultrasound / Phonophoresis / E-stim / Moist Heat / Ice

**Treatment:** \_\_\_\_\_ times per week       Home Program

**Duration:** \_\_\_\_\_ weeks      Re-evaluate at 12 weeks

\*\*Please send progress notes.

**Physician's Signature:** \_\_\_\_\_  
**Xinning Li, M.D.**  
**Attending Orthopaedic Surgeon**