

**Gregory Galano, MD**  
**130 E 77<sup>th</sup> St, 8<sup>th</sup> Fl**  
**New York, NY 10075**  
p: 212-861-2300, f: 212-861-2442  
license #: 241830

**Patient Name:**

**Date:**

**Date of Surgery:**

**Shoulder Rehabilitation:  
Pectoralis Major Repair**

- 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

Please send progress notes.

**Physician's Signature:** \_\_\_\_\_  
**Gregory Galano, MD**