

# **MIKE FOSTER**

## **Hand Wrist and Elbow**

### **Pectoralis Major Repair**

#### **Problem**

- The pec major muscle avulses from its insertion on the Humerus (arm) bone.

#### **Cause**

- Usually results from a sudden strain to the muscle as the upper arm is forced backwards eg. Heavy lifting, tackle situation.

#### **Diagnosis**

- Pain is felt in the front of the shoulder
- With "hands on hips" there is an obvious asymmetry between the shape of the axilla.
- X-rays are usually normal.
- An MRI or Ultrasound can help confirm the diagnosis.

#### **Treatment**

- Surgical, General Anaesthetic  
Day Stay surgery or overnight stay.
- The muscle needs to be reattached to the humerus.
- This can usually be achieved with a row of suture anchors that tap into the bone and secure the muscle tendon back to its insertion.
- Occasionally in chronic tears, a hamstring graft is required to bridge the gap.

#### **Potential Complications**

- Infection, haematoma, neurovascular injury
- Stiffness to shoulder
- Rerupture of repair.

#### **Post Operative Care**

- Patient to remain in polysling for six weeks
- Come out of sling for elbow extension and gentle pendulum exercises.

- External rotation to neutral.
- From six weeks to three months.  
Out of sling, work at gradually increasing external rotation
- From three months  
Start strengthening exercises.