



32nd INTERNATIONAL PAK ORTHOCON 2018

Extending Standard Musculoskeletal Care to Less Privileged Areas



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Pectoralis Major Tears My results

پاکستان اک عشق اک جنوں



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Disclosure

Consultant for Lima
Consultant for Arthrex EMEA
Consultant for Lavander Medical
Consultant For Stryker
Consultant For Orthospace





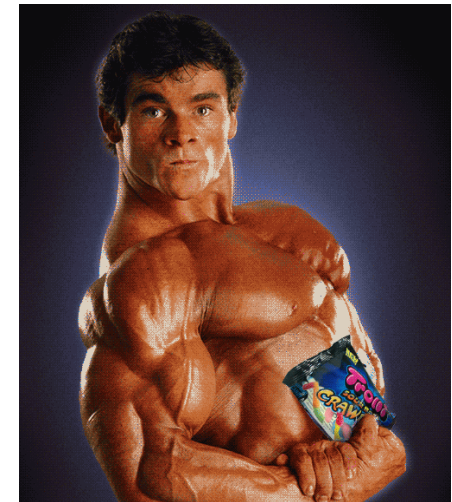
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Pectoralis Major Tears

My results





Pectoralis Major Tears

Relatively rare injury that was firstly described in a French boy by **Patissier** in **1822** and later, in **1861**, by **Letenneur** who reported another similar case.



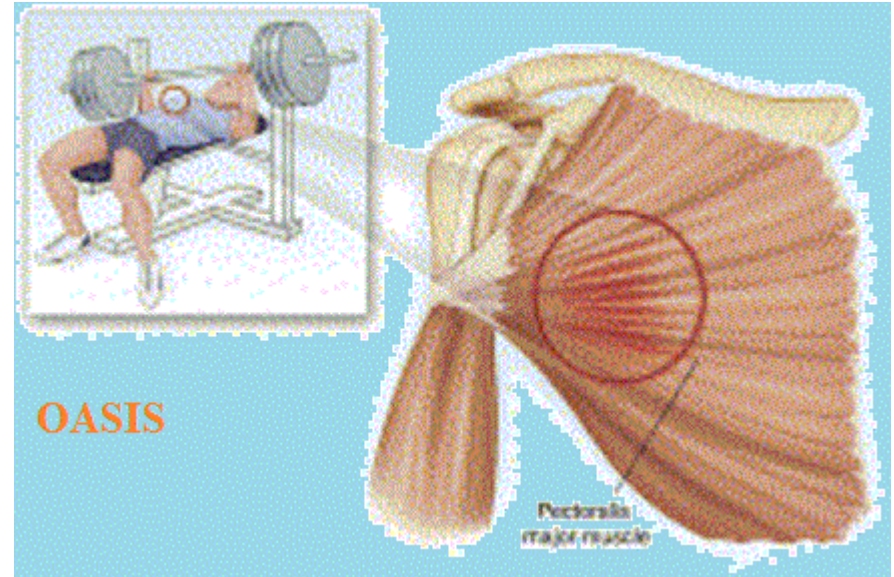
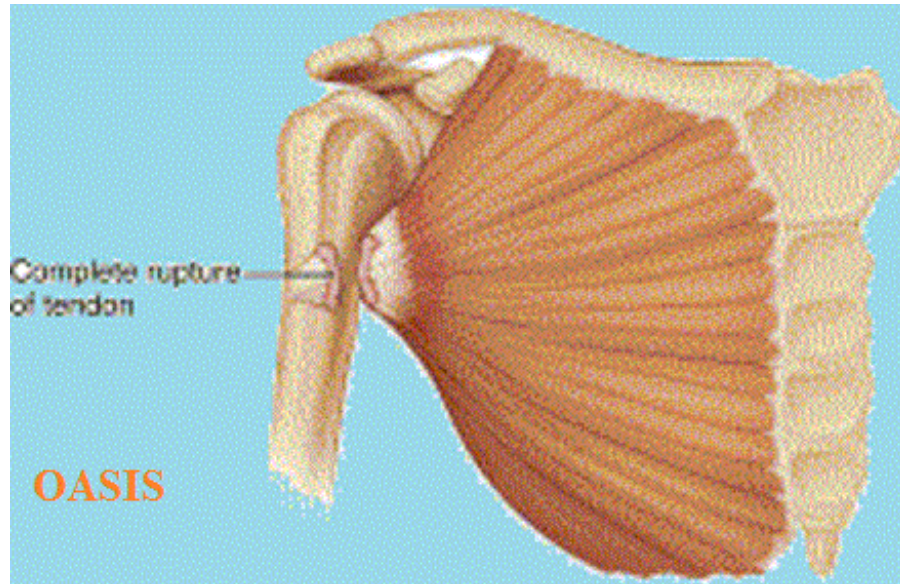


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Pectoralis Major Tears





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Pectoralis Major Tears

To date, over 200 cases have been published



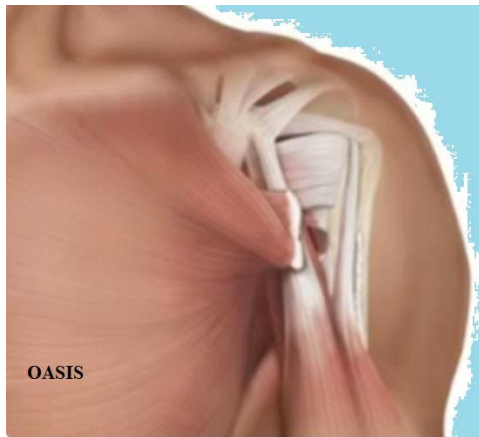


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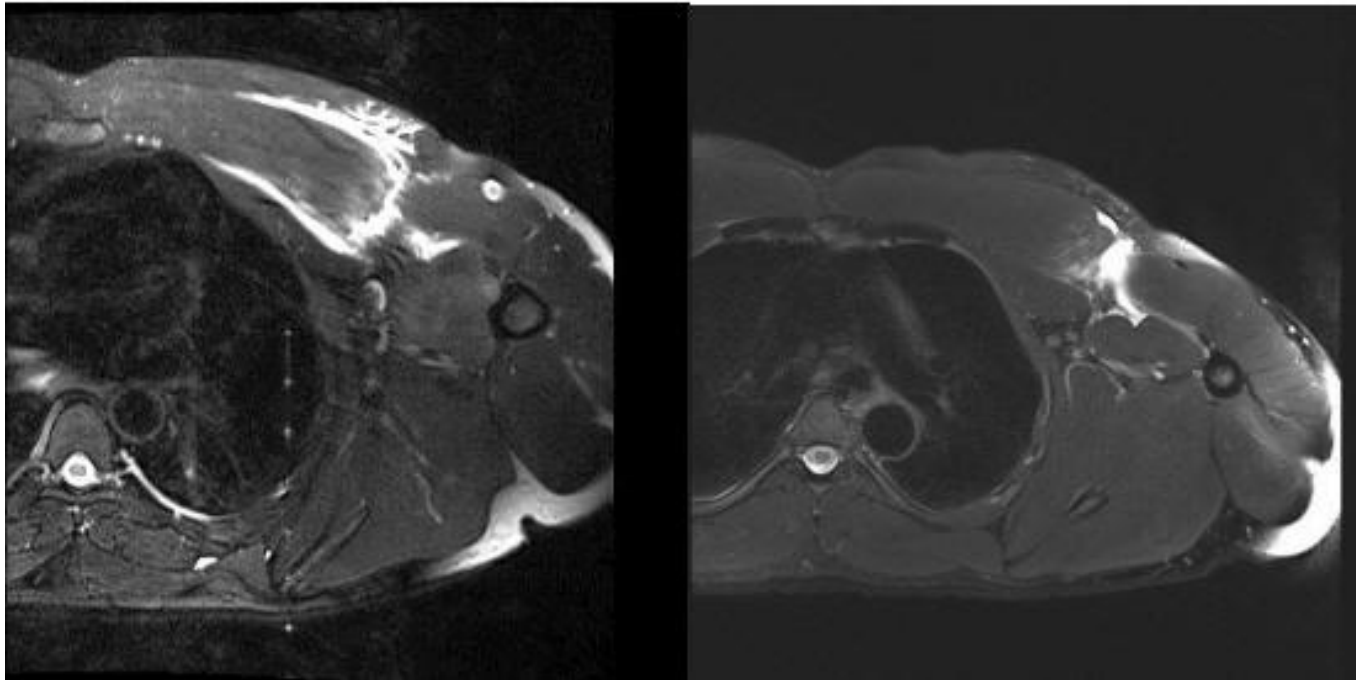


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A large statistical review (meta-analysis) of 112 cases of Pectoralis major rupture, patients who undergo surgical repair had less pain, a higher rate of pre-injury strength and return to activities, than patients managed conservatively [**Bak et al.**].





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Outcome studies comparing conservative with surgical treatment have demonstrated that surgically repaired injuries regained 97% of the strength of the uninjured arm vs. 56% in non-operative patients [Hanna et al.]





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The earlier a repair is performed the easier the surgery. Small studies have shown that the outcomes after early primary repair have generally been superior to those of delayed repair [Aarimaa et al. and Bak et al]. My own results showed no difference in outcomes between early and delayed direct repairs. [Shah et al. TSES, 2009].





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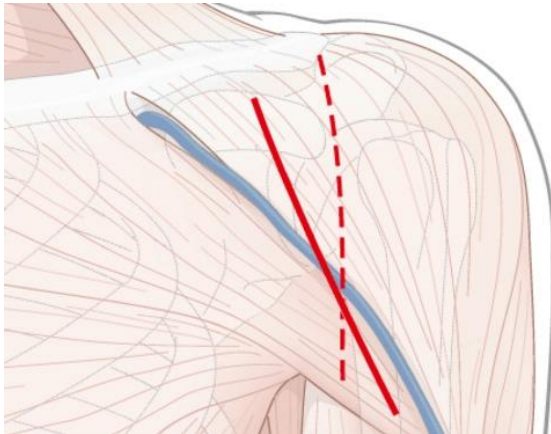


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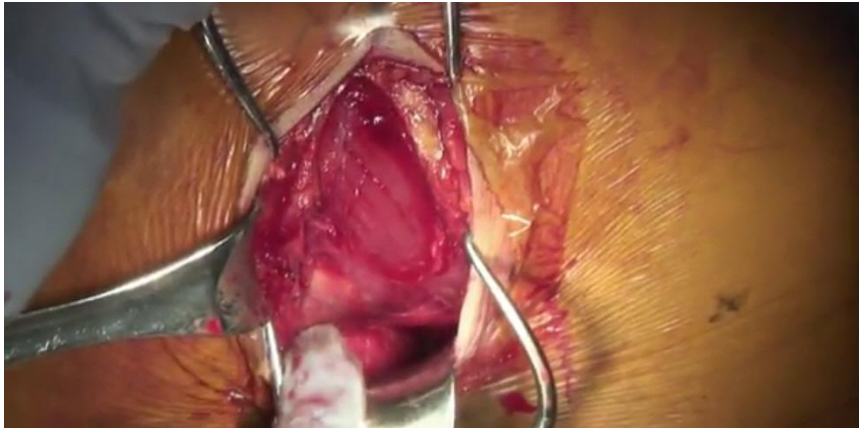


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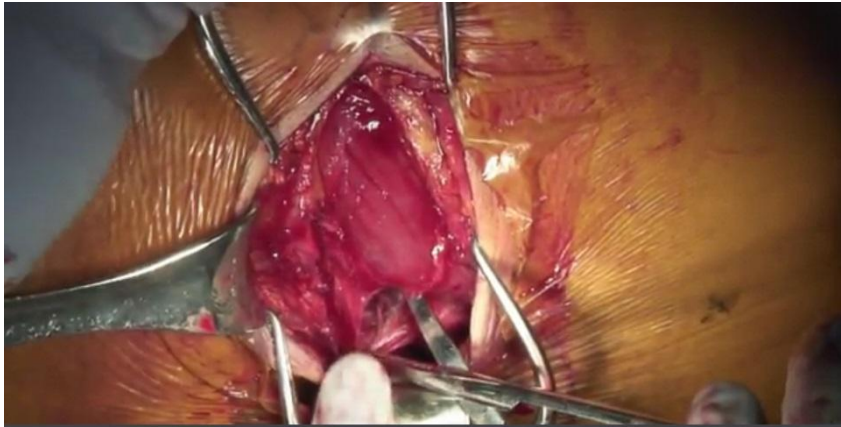


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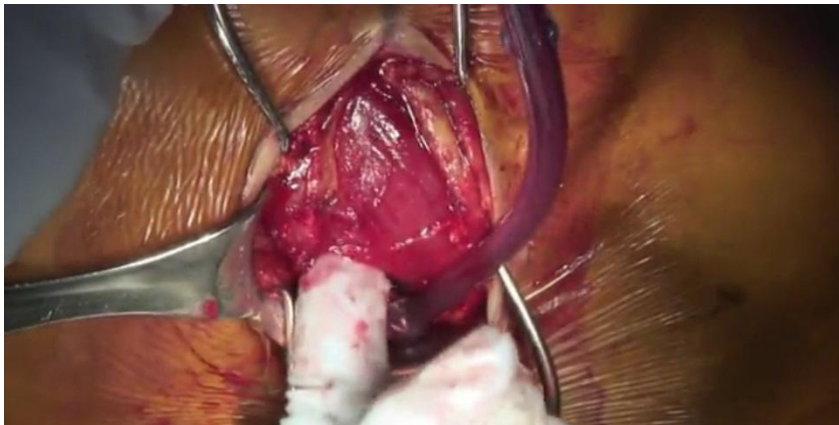


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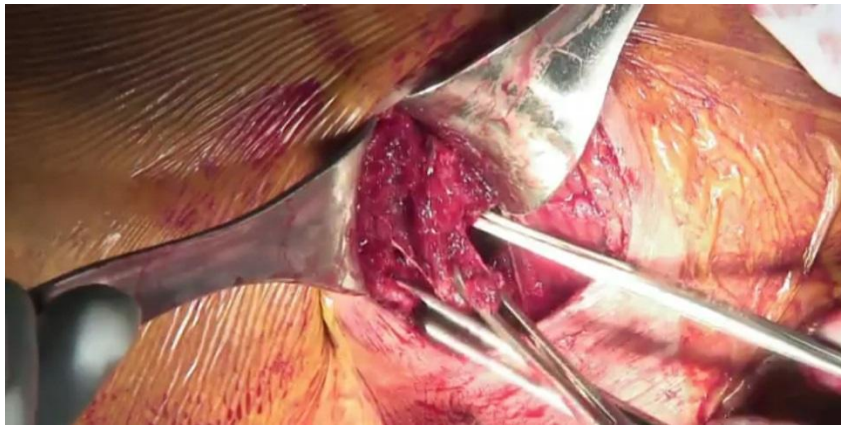


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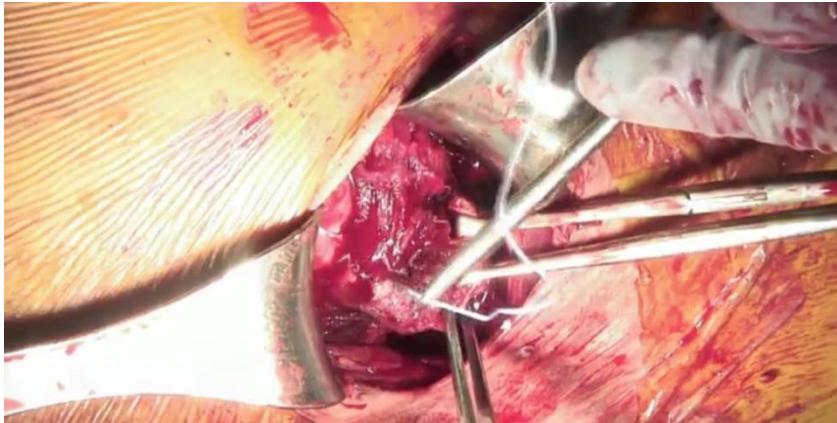


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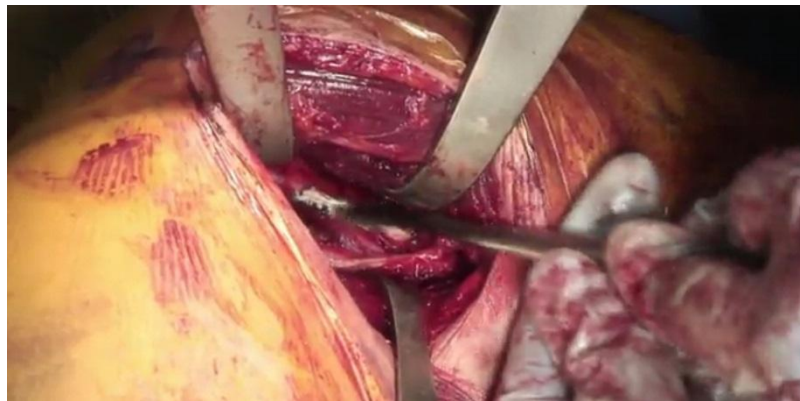


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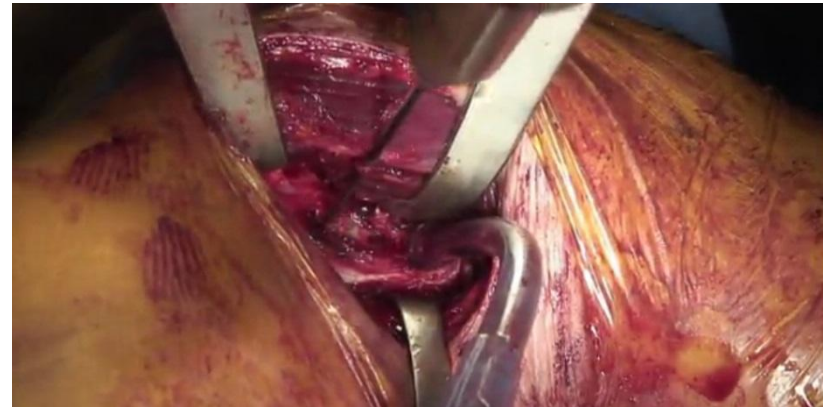


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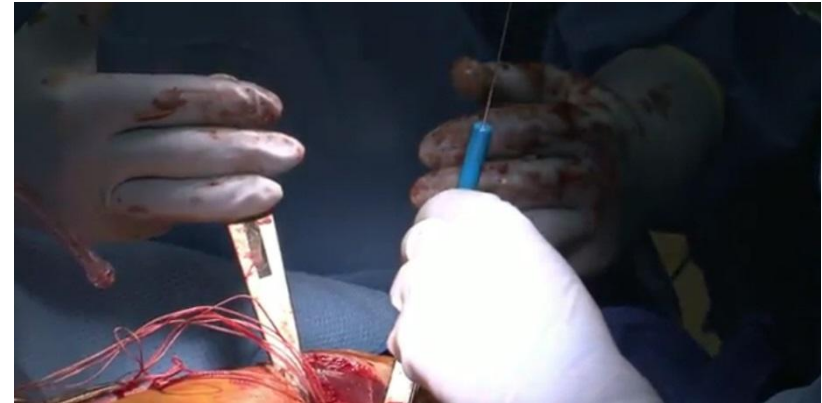
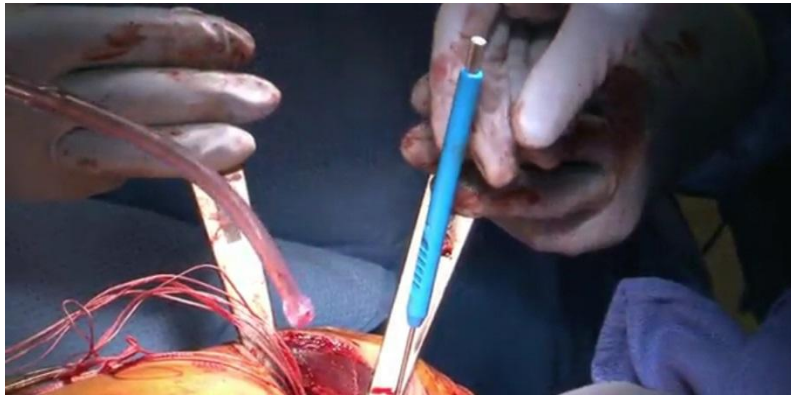


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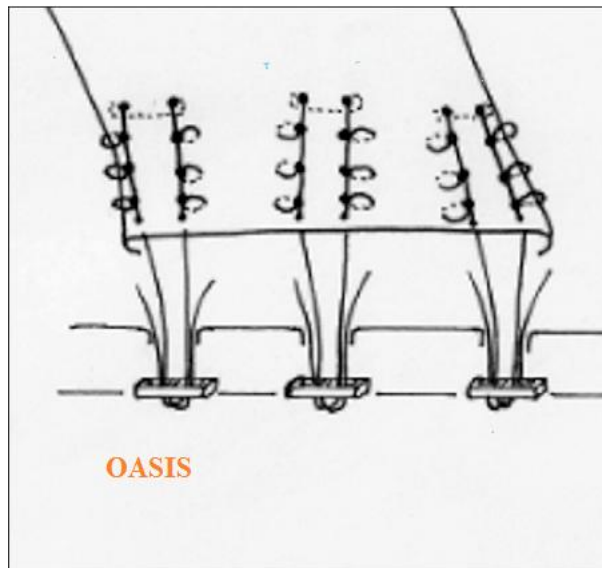


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Pectoralis Major Tears

Postoperative Protocol:

1. Sling for 6 weeks.
2. Gentle Codman's exercises allowed to avoid stiffness.
3. Start physical therapy with isometrics at 6 weeks.
4. Begin isotonic exercises at 8 weeks.
5. Return to the gym at 3 to 4 months.
6. Build up to pre-injury status over 6 to 8 weeks.



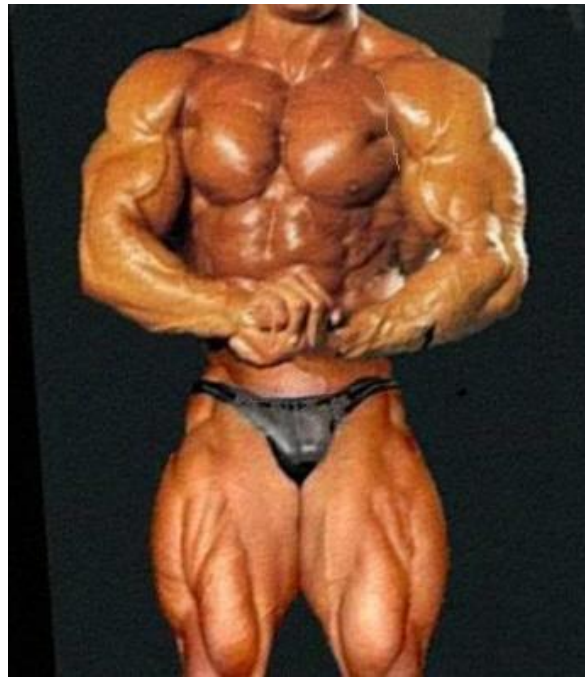


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My Case series

9 cases with follow up range 1 – 7

All men

Age 29 to 37 years

All Tears related to weight lifting and bench presses

8 of 9 on anabolic steroids

8 acute Tears 1 chronic longer than 6 months

7 of 8 acute repairable

1 acute tear intra muscular non repairable

All back to activity before tear





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Questions



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