

## PECTORALIS MAJOR MUSCLE TEAR

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**M**ore cases of pectoralis major muscle (PMM) tear in its insertion have been reported lately, and its increasing incidence is due partly to a higher rate of exercising and lack of professional supervision especially during bodybuilding activities. We are presenting two cases treated surgically, one of them being an acute PPM tear and the other a chronic one. In any case, early diagnosis is essential because, similarly to Achilles tendon ruptures, chronic tears are more likely to complications and difficulty during surgical treatment. Both cases were in young male amateur athletes (27 and 29 years old) who felt severe shoulder pain during bench press. The younger patient had the acute tear diagnosed 2 months after the causal event, and the other patient only 2 years and 3 months of the event. They were presented with paresthesia, edema and hematoma in the anterior and medial aspect of the thorax extending to the proximal areas of the arm, which are typical findings in PMM rupture. They had no loss in range of motion although reduced strength for adduction and internal rotation was present, and in both cases the PMM tear was confirmed with a shoulder MRI. For the surgical treatment we used anchors positioned in its insertion in the proximal humerus under the subscapularis muscle, anterior and laterally to the biceps brachii tendon. During the procedure inventory, the PPM was significantly retracted but its anatomical reinsertion was successful with minimum loss of superficial muscle tissue. Physiotherapy rehabilitation started six weeks after surgery and after 5 months the patients had returned to their physical activities. PMM tears are uncommon injuries and its early diagnosis is very important, for precocious intervention will bring better results for the patients. Regarding acute tears, surgical treatment brings superior results with better strength recovery when compared to conservative treatments

#### Biography

Marcio Alberto de Lima Cavalcanti (Marcio Cavalcanti) has graduated in Medical School at Faculdade de Medicina do Recife (UFPE) in 2003. His Residency Program was at Hospital Regional do Agreste with his specialty in Shoulder and Elbow Surgery at Instituto de Ortopedia e Traumatologia – Passo Fundo/RS. He also was Staff of the Residency Program in Orthopedics and Traumatology (Shoulder and Elbow surgery) at Hospital Regional do Agreste. He has presented several (about 18) of his publications both in national and international Congress as well as participating in courses and surgical training at Ecole de Chirurgie du Fer a Molin (Paris/FRA) and Presbyterian Hospital of Columbia University (New York/USA).

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