

## **Pectoralis Major Repair Post-Operative Rehabilitation Protocol**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Diagnosis:** \_\_\_\_\_

**Date of Surgery:** \_\_\_\_\_

### **Phase I - Protect Repair**

#### **Weeks 0 - 2**

##### **Goals**

Pain Control

Protect Repair

- Shoulder sling/immobilizer for 6 weeks
- Elbow / wrist / hand AROM exercises, shoulder in neutral position
- Stationary bicycle, with shoulder sling on

#### **Weeks 2 - 4**

##### **Goals**

Pain control

Protect repair

- Continue shoulder sling/immobilizer for 6 weeks
- Continue previous exercises
- Introduce pendulum shoulder exercises

### **Phase II - Range of Motion**

#### **Weeks 4 - 6**

##### **Goals**

Supine PROM flexion to 90°

Protect Repair

- Continue shoulder sling/immobilizer for 6 weeks
- Continue previous exercises
- PROM and supine AAROM forward flexion up to 90°, with arm in abduction
- Shoulder shrugs, scapular retraction, no resistance

#### **Weeks 6-8**

##### **Goals**

AROM flexion to 120°, abduction to 90°

- Discontinue sling / immobilizer
- Continue previous exercises
- AAROM

- Flexion > 90°
- Abduction and external rotation to tolerance
- Internal rotation and extension, arm behind back
- Submaximal isometrics
- Treadmill walking
- Elliptical trainer without arm motion component, lower extremity only

### **Phase III - Early Strengthening**

#### **Weeks 8 - 12**

##### **Goals**

Full AROM

- Continue previous exercises
- AROM, AAROM through full motion
- Light theraband exercises for external rotation, abduction, extension
- Bicep / tricep PRE
- Prone scapular retraction exercises, no weights
- Standing wall push-ups, no elbow flexion >90°
- Elliptical trainer, upper and lower extremities

#### **Months 3 - 4**

##### **Goals**

- Begin light strengthening
- Continue previous exercises
- Full ROM
- Light theraband exercises - add internal rotation, adduction, flexion
- Push-up progression - wall → table → chair, no elbow flexion > 90°
- **Very light** resistive weight training, no pec flies, bench press or pull-downs
- No elbow flexion >90°
- Seated rows
- Single arm pulleys/cables for internal rotation, forward elevation, adduction
- Rotator cuff and periscapular strengthening
- Treadmill running
- Ball toss with arm at side, light weight

### **Phase IV - Advanced strengthening**

#### **Months 4 - 6**

##### **Goals**

- Maintain pain-free full ROM
- Advance strengthening
- Gradual return to functional activities
- Continue previous exercises with increasing resistance
- Overhead ball toss
- Full running program
- Swimming
- Weight training with increasing resistance
- No bench press

- May start pull-downs and pec flies with light resistance only

**Phase V - Return to full activity**

**Months 6+**

**Goals**

- Maintain pain-free full ROM
- Gradual return to recreational sports and/or strenuous work activities
- Full activities as tolerated
- Continue previous exercises with increasing weight / resistance
- May perform bench press, light weight and high repetition
- Advance weight as tolerated
- Recommend indefinitely avoiding high weight, low repetition

**Comments:**

**Frequency:** \_\_\_\_ times per week

**Duration:** \_\_\_\_ weeks

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_