

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

### **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
- 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 adduction
- 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
- Biceps / 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 pect 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
- 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 pect flies with light resistance only



Robin M. Gehrman, MD

### **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