



## Rehabilitation Protocol: Pectoralis Major Repair

### PHASE I - IMMEDIATE POST-SURGICAL PHASE (DAYS 1 - 14)

#### Goals:

1. Maintain integrity of the repair
2. Gradually increase passive range of motion (PROM)
3. Diminish pain and inflammation
4. Prevent muscular inhibition

#### Days 1 - 14

- Sling
- Pendulum exercises 4x daily (flexion, circles)
- Elbow/hand gripping & ROM exercises
- Cryotherapy/Ice for pain and inflammation - 15-20 minutes every hour
- Sleeping - sleep in sling or brace

#### Precautions to be maintained through Week 6:

1. Maintain arm in brace, remove only for exercise
2. No lifting of objects
3. ***No shoulder abduction, forward elevation or external rotation***
4. No excessive or aggressive stretching or sudden movements
5. No supporting of body weight by hands
6. No bimanual activities (pulling on pants/socks, etc.)

### PHASE II - PROTECTION PHASE (WEEKS 3 - 6)

#### Goals:

1. Allow healing of soft tissue
2. Do not overstress healing tissue
3. Decrease pain & inflammation
4. To increase PROM

#### Weeks 3 - 6

- Continue sling through Week 4 (through Week 6 if repaired under tension)
- Continue pendulum exercises
- Continue use of cryotherapy/ice as needed if still swollen
- Begin physical therapy (PT)
- PROM forward elevation to 130° with arm in adduction

### PHASE III - INTERMEDIATE PHASE (WEEKS 7 - 12)

#### Goals:

1. Attain full ROM
2. Normal scapulo-humeral rhythm

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### **Weeks 7 - 12**

- Continue PROM
- Start active-assisted ROM (AAROM) exercises (*ie.* pulleys, etc)
- Work on scapulo-humeral rhythm, peri-scapular strengthening program (no pushups)
- May use arm for light activities of daily living (ADL's)
- May begin gentle active ROM (AROM)
- Isometric exercises (avoid shoulder adduction, internal rotation and horizontal adduction)

### **PHASE IV - ADVANCED STRENGTHENING PHASE (WEEKS 13 - 23)**

**Goals: Maintain full non-painful ROM**

**Enhance functional use of upper extremity**

**Improve muscular strength & power**

**Gradual return to functional activities**

### **Weeks 13 - 23**

- Continue ROM & stretching to maintain full ROM
- Pectoralis Major strengthening is begun
  - Single arm pulleys and bands
    - Horizontal adduction
    - Internal rotation
    - Forward elevation
    - Shoulder adduction
- Rotator cuff (RTC) strengthening
- Continue peri-scapular strengthening (may begin push-ups plus against wall)

### **PHASE V - RETURN TO ACTIVITY PHASE (WEEKS 24+)**

**Goals: Gradual return to strenuous work activities**

**Gradual return to recreational sport activities**

### **Weeks 24 - 35**

- Continue stretching, if motion is tight
- Begin floor push-ups
- Dumbbell bench presses with light weight and high repetition

### **Week 36**

- Full activities
- **HIGH-WEIGHT, LOW-REPETITION BARBELL BENCH PRESSING DISCOURAGED INDEFINITELY!**

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