



Orthopedic Specialists

Matthew D. Collard, D.O.
Worker's Compensation
Arthroscopy/Sports Medicine
Extremity Trauma
Joint Replacement Surgery

2325 Dougherty Ferry Rd, Ste. 100
St. Louis, MO 63122
(314) 909-1359 Fax (314) 909-1370
www.stforthspecialists.com

Pectoralis Major Repair Rehab Protocol

The following is a protocol for post-operative patients following pectoralis major repair. The primary goal of the protocol is to protect the repair while steadily progressing towards and ultimately achieving pre-injury level of activity. Please note this protocol is a guideline. Achieving the criteria of each phase should be emphasized more than the approximate duration. If a patient should develop an increase in pain or swelling or decrease in motion at any time, activity should be decreased until problems are resolved.

Phase I: Protect Repair (week 0-4) - Shoulder sling and immobilizer for 6 weeks

Week 0 - 2

Goals:

- Pain control
- Protect repair

Exercises:

- Elbow/wrist/hand AROM exercises, shoulder in neutral position
- Stationary bicycle, with shoulder sling on

Week 2 – 4

Goals:

- Pain control
- Protect repair

Exercises:

- Continue previous exercises
- Pendulum shoulder exercises

Phase II: Range of Motion

Week 4 – 6

Goals:

- Supine PROM flexion to 90 degrees
- Protect repair

Exercises:

- PROM and supine AAROM forward flexion up to 90 degrees with arm in adduction
- Shoulder shrugs, scapular retraction, no resistance

Week 6 – 8

Goals:

- AROM flexion to 120 degrees
- Abduction to 90 degrees
- Discontinue sling and immobilizer

Exercises:

- AAROM
- Flexion > 90 degrees
- 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

Exercises:

- Continue previous exercises
- AROM, AAROM through full motion
- Light TheraBand exercises for external rotation, abduction, extension
- Biceps/triceps PRE
- Prone scapular retraction exercises, no weights
- Standing wall push-ups, no elbow flexion > 90 degrees
- 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 to table to chair, no elbow flexion > 90 degrees
- Very light resistive weight training, no pec flies, bench press or pull downs
- No elbow flexion > 90 degrees
- 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

Exercises:

- 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 plus

Goals:

- Maintain pain-free full ROM
- Gradual return to recreational sport and / or strenuous work activities
- Full activities as tolerated

Exercises:

- Continue previous exercises with increasing weight and resistance
- May perform bench press, light weight and high repetition
- Advance weight as tolerated
- Recommend indefinitely avoiding high weight and low repetition

