



REHABILITATION PROTOCOL

Pectoralis Major Repair

Post – OP: Days 1-14

- Shoulder Immobilizer x 6 weeks – ***even while sleeping***
 - (Place pillow under shoulder / arm while sleeping for comfort)
- Hand squeezing exercises
- Elbow and wrist active motion (AROM) with shoulder in neutral position at side
- Pendulums
- Stationary bike (Must wear immobilizer)

Goals

- Pain Control
- Protection
- **NO EXTERNAL ROTATION OR ABDUCTION**

Weeks 2-4

- Continue immobilizer x 6 weeks
- Continue appropriate previous exercises
- Supported pendulum exercises
- Resisted elbow / wrist exercises with light dumbbell (< 3#), shoulder in neutral
- Passive forward elevation to 60*.

Goals

- Pain control
- Protection

Weeks 4-6

- Continue Immobilizer x 6 weeks
- Continue appropriate previous exercises
- Shoulder shrugs, scapular retraction without resistance
- 1-2 finger isometrics x 6 (fist in box)

Goals

- Supine AAROM flexion to 90 degrees

Weeks 6-8

- Discontinue immobilizer
- Continue appropriate previous exercises
- AROM in pain free range as tolerated, **NO PROM**
- AAROM (pulleys, supine wand, wall climb)
 - Flexion > 90 degrees
 - Abduction and ER to tolerance
 - IR and Extension (wand behind back)
- Submaximal isometrics (continue 1-2 fingers for IR)
- Elliptical trainer – lower extremity only
- Treadmill – Walking progression program

Weeks 8-12

- Continue appropriate previous exercises
- AROM, AAROM through full range, **NO PROM**
- Light Theraband exercises – ER, Abduction, Extension
- Biceps and Triceps PRE's
- Prone Scapular Retraction Exercises (**without weights**)

- Push-Up Plus on wall – NO elbow flexion > 90 degrees
- Body Blade
- BAPS on hands
- Ball on wall (arcs, alphabet)
- Elliptical trainer (upper and lower extremities)
- Pool walking / running – NO UE resistive exercises

Goals

- Full AROM at 10-12 weeks
- 30 Wall Push-Ups

Months 3-4

- Continue appropriate previous exercises
- PROM / Mobilization – as needed to regain full ROM
- Light Theraband Exercises – IR, Adduction, Flexion, Scaption
 - Continue ER, Abduction, Extension with increased resistance
- Push Up Progression – Wall to table to chair (**NO elbow flexion > 90 degrees**)
- Weight training with **VERY LIGHT** resistance (no flies or pull downs)
 - NO ELBOW FLEXION > 90 degrees
 - Bench Press
 - Seated row weight machine
 - Cable column
- Ball toss with arm at side using light ball
- UBE forwards and backwards at low resistance
- Stairmaster
- Treadmill – Running progression program
- Pool walking / running – with UW resistance (no swimming)

Goals

- 30 table push-ups
- Run 2 miles at easy pace

Months 4-6

- Continue appropriate previous exercises with increased resistance
- Fitter on hands
- Ball toss overhead
- Push – up progression – Chair to regular
- Sit ups
- Weight training with increasing resistance
 - No elbow flexion > 90 degrees
 - Military press, lat pull downs, flies
 - Gravitron for pull ups and dips
- Swimming
- Running progression to track
- Transition to home / gym program

Goals

- Normal Pectoralis Major strength
- Resume all activities
- Pass APFT at 6 months post-op

NO CONTACT SPORTS UNTIL AFTER 6 MONTHS POST OP