

Basin Orthopedic Surgical Specialists

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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 painfree 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

Phase V – Return to full activity

Months 6+

Goals

Maintain painfree 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