

## Rehabilitation Protocol Pectoralis Major Repair

### Phase I – 0-4 Weeks

- **Sling Immobilizer:** Worn at all times – sleep with pillow under elbow to support the operative arm
- **Range of Motion:** Supported pendulum exercises under guidance of PT
- **Therapeutic Exercises:**
  - Hand exercises
  - Elbow and wrist active motion (with shoulder in neutral position at the side)
  - May ride stationary bike with arm in sling

### Phase II – 4-6 Weeks

- **Sling Immobilizer:** Worn at all times – sleep with pillow under elbow to support the operative arm
- **Range of Motion:** AAROM in the supine position with wand – Goal: Forward Elevation to 90 degrees
- **Therapeutic Exercises:**
  - Hand exercises
  - Elbow and wrist active motion (with shoulder in neutral position at the side)
  - Shoulder shrugs/scapular retraction without resistance
  - May ride stationary bike with arm in sling

### Phase III – 6-8 Weeks

- **Sling Immobilizer:** May be discontinued
- **Range of Motion:** AROM only in the pain free range – **No PROM.** AAROM (pulleys, supine wand, wall climb) – Goals: Forward Elevation to 120 degrees and Abduction to 90 degrees, ER to tolerance
- **Therapeutic Exercises:**
  - Hand exercises
  - Elbow and wrist active motion (with shoulder in neutral position at the side)
  - Submaximal isometrics

**Adam Lindsay, MD, M.S.**  
VSON Alpine – Gunnison, Crested Butte, Telluride  
Orthopaedic Surgery, Sports Medicine  
P) 970-641-6788 F) 866-725-4659



#### **Phase IV – 8-12 Weeks**

- **Range of Motion:** AROM and AAROM only in the pain free range – **No PROM.**  
Goals: Full ROM
- **Therapeutic Exercises:**
  - Light Theraband (ER, ABD, Extension), Biceps and Triceps PREs, Prone Scapular Retraction Exercises (no weights), Wall Push-Ups (no elbow flexion >90 degrees)

#### **Phase V – 3-6 Months**

- **Range of Motion:** Full ROM
- **Therapeutic Exercises:**
  - Theraband (ER, ABD, Extension) with increasing resistance, may start light weight training at 4 months post-op (no flies or pull downs), Regular Push-Ups
  - Return to sport at 6 months post-op