



## **Pectoralis Major Repair Post-Operative Rehabilitation Protocol**

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If you have any questions about this protocol or about the patient, do not hesitate to email Dr. Metzler at: [ametzler@orthonky.com](mailto:ametzler@orthonky.com)

### **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**

## **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