

Rehabilitation Protocol

Pectoralis Major Repair Protocol

Sling with Pillow × 6 Weeks (SLEEP INCLUDED)

Post-OP Week 1-2:

Goals:

Begin:

1. Minimize pain and inflammation
2. Maintain integrity of repair
3. Gradually increase PROM
4. Focused arthrokinematics

Exercises:

1. Pendulum exercises 4 times daily (flexion, circles)
2. Elbow/hand gripping and ROM exercises

Post-OP Week 3-6:

Goals:

Begin:

1. Minimize pain and inflammation
2. Allow soft tissue healing
3. Increase PROM

Exercises:

1. Begin resisted elbow/wrist exercises w/ light dumbbell (< 5 lbs) - shoulder in neutral
2. PROM forward flexion to 130° with arm adducted only
3. Shoulder shrugs, scapular retraction without resistance

Post-OP Week 7-12:

Goals:

Begin:

1. FULL Pain-free ROM
2. Normal scapular kinesiia
3. Discontinue sling

Exercises:

1. Gentle AROM in pain-free ROM, **NO PROM**
2. Begin AAROM (pulleys, supine wand, wall climb) - Flexion > 90°, Abduction and ER to tolerance, IR and extension (wand behind back)
3. Periscapular strengthening program (no push-ups plus)
4. Isometric exercises (**AVOID** adduction, IR and horizontal adduction)

Post-OP Week 13-23:

Goals:

Begin:

1. Maintain full pain-free ROM
2. Enhance functional use of UE, gradual return to functional activity
3. Improve muscular strength and power

Exercises:

1. Begin pectoralis major strengthening (single arm pulleys and bands - adduction, horizontal adduction, IR, forward flexion)
2. Begin rotator cuff strengthening, can progress periscapular program to add push ups plus against wall

Post-OP Week 24+:

Goals:

Exercises:

Begin:

1. Gradual return to strenuous work activities
2. Gradual return to recreational sport activities
1. Continue stretching if any motion restrictions
2. Begin push ups plus on floor
3. Full activity at Week 36, **HIGH WEIGHT, LOW REPETITION BENCH PRESS DISCOURAGED INDEFINITELY**

LOCATIONS

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