

Pectoralis Major Repair Post-Operative Rehabilitation Protocol

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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 pain free 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 pain free 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