

Pectoralis Major Repair Physical Therapy Protocol



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The rehabilitation guidelines are presented in a criterion-based progression. General time frames are given for reference to the average, but individual patients will progress at different rates depending on their age, associated injuries, pre-injury health status, rehab compliance and injury severity. Specific time frames, restrictions and precautions may also be given to protect healing tissues and the surgical repair/reconstruction.

PHASE I – Protect Repair

Weeks 0 – 2

Goals:

- Pain control
- Protect repair

Plan:

- ✓ 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

Plan:

- ✓ 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

Plan:

- ✓ 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°

Plan:

- ✓ 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

Plan:

- ✓ 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

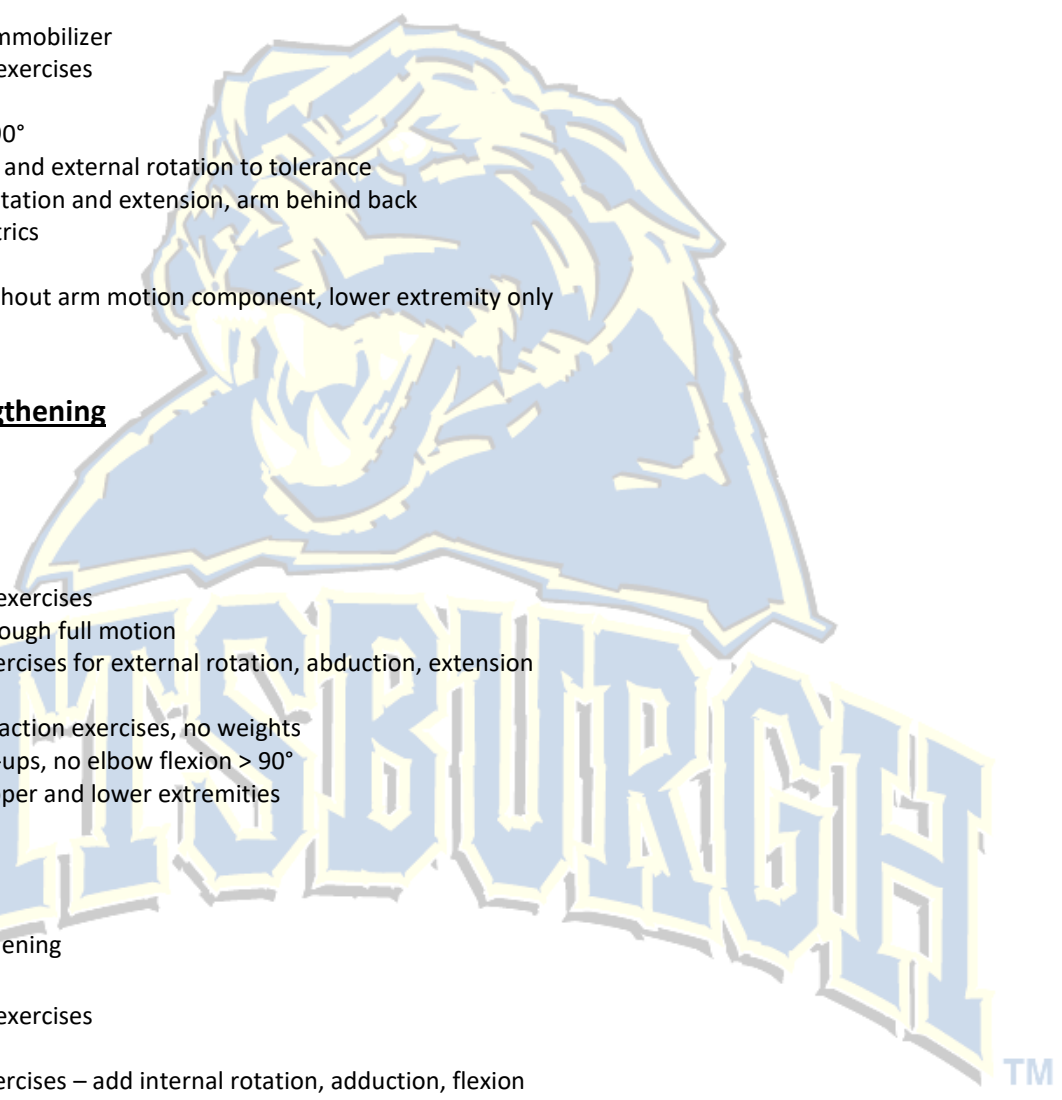
Goals:

- Begin light strengthening

Plan:

- ✓ 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

Plan:

- ✓ 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

Plan:

- ✓ 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

