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PECTORALIS MAJOR REPAIR REHABILITATION PROTOCOL

PATIENT NAME:

DATE OF SURGERY:

BODY PART/SIDE:

RECOMMENDATIONS:

- 1 *Frequency:* 2-3 times per week
- 2 Follow this protocol *without substitution*
- 3 Contact my office with any questions

IMPORTANT ITEMS:

- 1 **NO** strengthening until **12 WEEKS POST-OP**
- 2 Sling to be worn for total of 6 weeks. Remove for bathing and exercises only

PHASE I GOALS

- 1 Maintain integrity of repair
- 2 Gradually increase **PASSIVE ROM**
- 3 Diminish pain and inflammation
- 4 Prevent muscular inhibition

PHASE I PRECAUTIONS

- Maintain arm in sling; Remove ONLY for exercises
- NO** lifting of any objects
- NO** active abduction, forward elevation, or ER
- NO** supporting of body weight by hands

PHASE I [0-2 WEEKS]	
ROM	STRENGTH
Begin elbow/wrist ROM [focus on elbow extension]	Initiate decongestive massage as needed
	Initiate soft tissue massage to surrounding musculature as needed [biceps, upper trapezius, levator, etc.]

GOALS TO PROGRESS TO PHASE II

- Pain and inflammation controlled
- Gradual increase in ROM
- Promote tissue healing

PHASE II PRECAUTIONS

- AVOID** ER beyond 30° with arm in neutral
- DO NOT** overstress healing tissue
- NO** excessive shoulder abduction

NO ER past 30° with elbow at side

PHASE II [2-6 WEEKS]	
ROM	STRENGTH
Continue Phase I ROM	Continue Phase I Exercises
Begin Codman's	Begin scapular stabilization exercises
Begin GRADUAL passive forward flexion, arm adducted in supine [limit 45° 1st week, progress 5°-10° per week]	
Begin PASSIVE ER at 0° adduction, increasing 5°-10° per week [limit 30°]	Radio-ulnar joint mobilizations if indicated
Ensure full elbow supination and extension	Initiate soft tissue massage/decongestive massage as needed

GOALS TO PROGRESS TO PHASE III

- Pain and inflammation controlled
- Gradual increase in ROM
- Discontinue sling at **6 WEEKS POST-OP**
- Protect Repair

PHASE III PRECAUTIONS

- Continue Phase II Precautions
- NO** movement behind plane of body until **12 WEEKS POST-OP**

PHASE III [6-12 WEEKS]	
ROM	STRENGTH
Continue Phase II ROM	Continue Phase II exercises
Begin AAROM, AROM with forward elevation	
SUPINE AROM [glenohumeral retraction/depression during forward elevation]	Begin scapular isometrics
Gradually increase ER to full ROM [no limits]	Begin light isometrics with elbow flexed to side
Stretch/ensure scapular thoracic mobility, AC joint	
Initiate gentle capsular stretching	

GOALS TO PROGRESS TO PHASE III

- FULL** active and passive ROM
- Gradual restoration of shoulder muscular endurance

PHASE IV PRECAUTIONS

- 1 Introduce muscular endurance with light weight and several repetitions without upper trap compensation

PHASE IV [12-16 WEEKS]	
ROM	STRENGTH
Progress Phase III ROM	Progress Phase III Exercises
	Begin side lying exercises, partial ROM [abduction, ER, IR, extension, flexion, adduction; gradually add weight]
	Serratus anterior strengthening [prone prop, wall pushup, etc.]
	Rhythmic stabilizations [supine, side lying, etc.]

Continue soft tissue work/joint mobilizations	Overhead ball exercises
	Begin chest pass, light recreational throwing
	Standing flexion, adduction PRE's [simple planes and advance to combined motions]
	Begin resistive pulley exercises

GOALS TO PROGRESS TO PHASE V

- Maintain full ROM
- Gradually progress strengthening

PHASE V GOALS

- Introduce dynamic/functional movement
- Progress to sport-specific movements

PHASE V [16-20 WEEKS]	
ROM	STRENGTH
Full, unrestricted ROM	Progress Phase IV Exercises
	Begin seated free weight exercises [pec fly, lat pull down (front grip to sternum-AVOID excessive extension), military press, bench press (limit 10-20lbs)]
	Supine modified pec fly [elbows straight and bent (high rep, light resistance 1-2lbs partial ranges)]
	Partial pushups with body weight supported on ball [progress to full pushup]
	Initiate plyometrics against wall [advance as tolerated]

GOALS TO PROGRESS TO PHASE VI

- Progress dynamic/functional movements

PHASE V [20-25 WEEKS]	
ROM	STRENGTH
Full, unrestricted motion	Advance strengthening
	Progress sport specific activities as tolerated

RETURN TO SPORT SPECIFIC ACTIVITY CRITERIA

- Requires clearance from **SURGEON**
- Full, pain-free ROM
- Satisfactory stability and strength (isokinetics)
- No pain or tenderness to palpation
- FULL** return to contact sports **ANTICIPATED** at 6-9 **MONTHS**