

Pectoralis Major Repair

Phase I (post op 1-5 days)

- Sling: Worn at all times until status-post 6 weeks, even while sleeping
- ROM: Elbow, wrist, and hand AROM with shoulder in neutral position at side
- Strengthening: None
- Stationary bike: must wear immobilizer
- **Goals:** Pain control and protection

Phase II (post op 5 days –4 weeks)

- Sling: Continue immobilizer until 6 weeks post-op.
- ROM:
 - Continue appropriate previous exercises
 - Supported pendulum exercises
- Strengthening:
 - Elbow/wrist:
 - Less than 5 pounds
 - Shoulder in neutral
- **Goals:** Pain control and protection

Phase III (post op 4 weeks-10 weeks)

- Sling: Discontinue at 6 weeks
- ROM:
 - Continue appropriate previous exercise
 - Shoulder (until 6 weeks):
 - NO PROM
 - Shoulder shrugs, scapular retraction without resistance
 - AAROM supine with wand-flexion to 90 degrees (at 5 weeks)
 - **Goals (at 6 weeks):** Supine AAROM flexion to 90 degrees
 - Shoulder (6-8 weeks)
 - AAROM: pulleys, supine, wall climb in pain-free limits
 - Flexion > 90 degrees
 - Abduction and ER to tolerance
 - IR and extension (wand behind back)
 - **Goals (6-8 weeks):** AROM flexion to 120 degrees; abduction to 90 degrees
- Strengthening:
 - Isometrics:
 - Until 6 weeks: 1 or 2 fingers x 6 reps
 - From 6-8 weeks: Submaximal (continue 2 fingers only for IR)
- Cardiovascular:
 - Elliptical trainer: LE's only
 - Treadmill: Walking progression program

continued



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Phase IV (post op 10 weeks plus)

- ROM:
 - o NO PROM until 12 weeks post op
 - o AROM/AAROM through full range
- Strengthening:
 - o Bicep and tricep PRE's NO ELBOW FLEXION PAST 90 degrees
 - o Prone scapular retractions
 - o Body blade
 - o BAPS on hands
 - o Ball on wall (alphabet, circles)
 - o Wall pushups NO ELBOW FLEXION PAST 90 degrees
 - o Light theraband shoulder ER, abduction, extension (add IR after 12 weeks)

NO CONTACT SPORTS UNTIL 6 MONTHS POST OP

Adapted from:

1) Vonasek, LM, Warne, WJ. Pectoralis major repair. William Beaumont Army Medical Center. El Paso, TX:2005